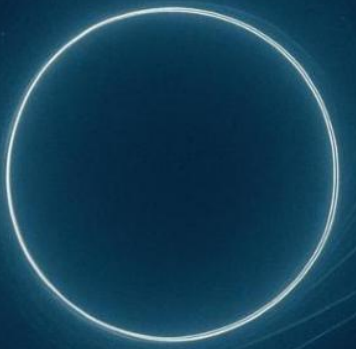
Jérôme Zenastral

Astrology and Mindfulness



Courses and Workshops

Complete Study Guide

BY THE SAME AUTHOR

Astrology and Mindfulness
The Twelve States of Bliss
Essay on Universal Harmony
Teachers of Non-Duality
What careers suit me?
Astrology and Flower Essences
My notebook of encounters
Pluto, Neptune and Pluto in Astrology
Astrology and culture
The Astral Theme: Mirror of the Quantum Psyche
Ascendant ↔ Sun: 144 dialogues between identities and destinies
The world is what we are
The happy trinity
The silences of Saturn
For brotherhood between humans and animals
What astrology says about your pet
The return of Candide
Astrology: a tool to help you understand your child better
The male-female duality: an illusion at the heart of Unity
World astrology
The Moon's nodes in astrology
Ceres in Astrology
The Moon in Astrology: a reflection of our soul
The Ascendant in Astrology: who am I?
Aspects in Astrology Volume 1 and Volume 2
Astrology and celebrities
Venus in Astrology
Mercury in Astrology
Mars in Astrology
The Sun in Astrology
Jupiter in Astrology
Uranus in Astrology
Neptune in Astrology
Pluto in Astrology
Chiron in Astrology, Vesta in Astrology

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General presentation: Philosophy and method

The Cartesian approach to the world is insufficient to answer our existential questions. Science cannot enlighten us on the meaning and reason for human existence. While it answers the "how" by proceeding rationally and explaining phenomena based on causes, it does not provide a satisfactory answer to the question: who am I?

Other fields of human activity, such as astrology, can help explain and understand human nature.

Mindfulness astrology invites us to embark on an inner journey, to better understand ourselves and to define life plans that are suited to our personality. These courses provide all the ingredients (as well as examples of complete analyses) for interpreting a birth chart and revealing a person's character (their strengths and sources of energy).

This astrology is part of the current mindfulness movement[1] . Its guiding principle is as follows:

when human beings are open to the presence of the "Self" (or[2] consciousness), they experience the light side (their Truth) of their astrological chart. And when they separate themselves from consciousness, they experience the shadow side (their ignorance) of their astrological chart. This shadow side is charged with the side effects of ignorance (emotions, conflicts, etc.).

Mindfulness astrology does not simply identify problems that may arise (problems inherent in a lack of self-

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[1] Mindfulness, also known as "right attention", is a practice that awakens in us the fact that we are aware of our existence. Practising mindfulness means being fully present in the moment. It involves passive awareness of the experience of each passing moment. It means focusing our attention on what we are doing (breathing, eating, walking, listening to music, working, playing sports, going about our daily activities, etc.). It means accepting what we are feeling at a given moment (our physical sensations, our emotions, etc.). It means observing our thoughts as they arise and then disappear. Whatever comes is accepted without judgement (we do not decide whether it is good or bad, desirable or undesirable), without expectation (we do not seek anything specific). By being fully present in the moment, emotional well-being improves.

[2] Francis Lucille, Rupert Spira and Eckhart Tolle all consider consciousness to be the fundamental reality of existence. Lucille sees consciousness as non-dual, present in all experiences, and both subject and object. Spira considers it to be the essence of individual experience, omnipresent and unchanging. Tolle perceives it as the silent inner presence that observes and witnesses our thoughts, emotions and perceptions.

knowledge), but also offers personal development strategies (in this regard, readers have access to numerous examples of psychological solutions for greater personal and relational well-being).

By observing our astrological chart, we gain a better understanding of who we are and gradually discover the different aspects of our personality.

Astrology is not a tool for guiding our choices, but for becoming aware of them. It reveals or confirms our temperament, personality, gifts and talents, our areas of light and shadow. All these insights are necessary to change our perception of ourselves, life and our environment.

By guiding us towards a better understanding of ourselves, astrology offers us the opportunity to shed light on our choices and decisions, not by dictating a direction, but by helping us to become aware of our own strengths, challenges and potential.

Astrology invites you to actively explore your own identity. It does not simply present you with facts, but encourages you to reflect, question and engage in a process of personal discovery.

From this perspective, astrology can be an important step in your quest for meaning and authenticity, helping us to better understand who we really are , what our true desires are and how we can realise our potential.

Astrology does not claim to have all the answers, but it can provide us with valuable tools to help us formulate our own questions and, perhaps, find our own answers.

Guiding principles of mindfulness astrology

[3]There is a parallel in consciousness (which Jung calls 'synchronicity')[4] between the structure of the sky at the moment of a person's birth and their psychic structure, including their energy fields. This parallel demonstrates that the widespread belief that there is a cause-and-effect relationship between the stars and our destiny is unfounded and must be ruled out.

Consequently, there is no influence of the stars, no logic in planetary cycles, and no preconceived plan in the sky for the evolution of the psyche or a better future.

According to the philosopher Krishnamurti, we readily and willingly accept the idea that the psyche can evolve and flourish, eventually achieving peace and happiness. But in reality, psychological evolution does not exist. The self will never become better. It tries, believing it has power, but it remains in subtle forms. It may vary from moment to moment, but it always remains the self, that

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[3] There are other parallels with the structure of the psyche, such as palm lines, numerology, iridology, graphology, Chinese astrology, etc.

[4] Synchronicity is a concept in analytical psychology developed by Swiss psychiatrist Carl Gustav Jung: the simultaneous occurrence of at least two events that have no causal connection, but whose association makes sense to the person perceiving them. The event cannot be explained by causality.
In the context of astrology, the idea that the astral theme can be in synchronicity with a person's psyche evokes striking parallels with the quantum phenomenon of "entanglement" (see the book "Le Thème Astral : Miroir de la Psyché Quantique" by Jérôme Zenastral).

divisive, self-centred activity that hopes to become what it is not. We then see that the self is not in the process of becoming; there is only the end of suffering, and that end does not require time. It will not end tomorrow, but when we perceive this movement.

If we talk so easily about evolution, it is also because this theory is taught to us from an early age and remains pervasive and omnipresent. The theory of evolution, based on Darwin's work, is presented as a proven scientific truth. It considers that all species have evolved for the better, just like human beings. Today, it is the subject of various criticisms, and many scientists demonstrate its weaknesses and lack of foundation. For this theory to be verified, species would have to be related to each other. However, palaeontologists have found evidence to the contrary and have even demonstrated that humans are not the last link in a long chain, but only one species among many others populating the earth. For example, there are fossils that have not changed for millions of years and species that appear suddenly. According to some biologists, no positive mutations have ever been observed anywhere. Everything that is alive has always been complex since the beginning. Humans do not come from any other species because their DNA is different from that of other species. They can therefore only come from themselves.

The events or difficulties we encounter are not programmed for a predestined future. To talk about 'becoming', we would have to prove that time exists. We all think we know what time is, but we cannot define it. According to Etienne Klein, time is a construct of the

mind, an illusion to help us differentiate between the present and our perception of the past. While Newton claimed that time was universal, Einstein refuted this notion and linked space and time in his theory of relativity. There are as many times as there are different observers. Times become out of sync when observers move relative to each other. According to physicists, time is always there, renewing the present moment. Philosopher Rupert Spira says that memory seems to validate time, and that if we examine this more closely, we see that it actually validates timeless consciousness, which never changes. Memory creates the appearance of time, in which objects are seen as existing independently of each other, and through which they seem to evolve. However, we have no experience of a past that extends indefinitely behind the present moment, and we have no experience of the present moment rolling forever into the future. The idea that time is like a container that holds all the events of the world is a temporal representation of consciousness in the mind.

Because humans are conscious of their own existence, they must be placed at the centre of consciousness, not at the centre of the zodiac, as is commonly believed in astrology today.
Human beings are an integral part of a whole, including the cosmos and the Earth.[5]

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[5] Like quantum mechanics, developed in the early 20th century, mindfulness astrology challenges the principle of separability. Unlike classical science, where the observer is distinct from the observed, mindfulness astrology considers that man is in the Infinite, but also that the Infinite is in man.

In the psyche, energy fields or dynamic forces manifest themselves and make each person unique and endowed with a diverse creative potential from birth. We are aware of the existence of our psyche. The psyche is therefore a manifestation of consciousness. It is composed of forces, tendencies and energy fields. Each energy field emerges from a totality to incarnate and form a person's character[6]. Astrological signs not only symbolise the energy fields of the psyche, but are also associated with states of well-being. Indeed, each energy field is an opening to consciousness and manifests its presence through a state of original well-being. From this state, a set of psychological characteristics emerges. These states of well-being are therefore not only the foundations of our psyche, but also harbingers of our return to benevolent presence.

When the psyche is no longer connected to the first principle of intelligence, it expresses itself by resonating with this intelligence, through what could be called nostalgia for the divine.

This nostalgia is our quest for happiness, which we think we can find outside ourselves, more precisely through our areas of interest. Occasionally, certain successes in these areas bring us temporary joy, but our thoughts seek

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[6] "I consider matter to be derived from consciousness. We cannot go beyond consciousness. Everything we talk about, everything we see as existing, presupposes consciousness." - Max Planck, German physicist, winner of the Nobel Prize in Physics in 1918

confrontation with them once again. Despite success, comfort or security, most people are unhappy and do not find what they want: their quest for happiness is not heading in the right direction. Happiness will cease to be a quest when we realise our true nature, because it is the recognition of who we are that will put an end to ignorance. For it is ignorance that is the cause of all our problems[7] .

Survival issues have forced us to rationalise and find solutions to such an extent that we have gradually become separated from our "Self". As Steve Taylor explains in his book "The Fall", following climatological changes, human beings have undergone an explosion of ego that has trapped them in a kind of collective psychosis for 6,000 years.

We have mentally developed value systems, a hierarchy of criteria, which are not always suited to who we really are. This mental construct, this aggregate of thoughts and emotions, forms our ego. To the same extent, we have built socio-political systems based on rational considerations or fear, but rarely on love and respect for each person's freedom, resulting in psychological suffering. This suffering should be seen as a call to refocus on what is or emerges naturally within us, such as trust, love, compassion, or fulfilment.

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[7] According to philosopher Francis Lucille, ignorance is a false identity. We believe that the self is the personality. When there is ignorance, all the potentialities of the personality are misused and become slaves to the illusion of being a separate entity.

According to Western teachers of Advaita, believing oneself to be a separate person, entity or consciousness is the cause of all suffering and ignorance. This belief is acquired in childhood, when we learn that consciousness is in the body and mind. According to philosopher Francis Lucille, this belief in a separate self prevents us from discovering who we really are. Discovering who we really are is a revelation; it reveals itself. There is nothing we can do to make this revelation happen, but we can make it possible through self-inquiry.

In short, when ignorance ceases, the potential of the personality is realised. This requires directing our in ttention and search inward rather than outward.

When we are fully open to the presence of the "Self" (or consciousness), we experience the light side (its truth) of its manifestation. When energy is diverted and limited by the distorting prism of the ego or our mind, we experience the shadow side of that energy (its ignorance). This shadow side is charged with the side effects of ignorance (emotions, conflicts, etc.). But the good news is that when we are separated from the "Self", it calls us back to itself and resonates within us through our longing for it.

Frequently asked questions

What is the purpose of personal development and self-knowledge?

Knowing yourself means learning to live your life to the fullest.

If I want to find direction in my life, I need to recognise my tastes, aspirations, abilities, strengths, limitations and potential.

If I want to live with someone, it is essential to understand who that person is, how they work, and whether real compatibility is possible.

Mindfulness astrology meets these needs: it offers a symbolic reading of our psyche and a precise language for relationship dynamics. It sheds light on possible affinities, but also on the differences to be embraced in the relationship.

What is the usefulness of astrology in this context?

Mindfulness astrology is above all a tool for inner observation. It supports the work of self-knowledge and awakening through a synchronous reading of planetary positions and what is being experienced internally.
Predictive astrology does not predict external events: rather, it indicates the psychological climates that are seeking to manifest themselves at a given moment. It allows us to be more attentive to what is asking to emerge within us.

For example, if Mars transits the natal position of Mars, this signals a phase of assertiveness, initiative and inner combativeness. It is not the planet that acts: it is I who actualises this energy, and astrology helps me to recognise and consciously welcome it.

Why observe? What is the purpose of mindfulness astrology?

Observing what is happening within oneself at the right moment helps to calm inner conflicts and restore the harmonious flow of energy.

Focusing on the present moment naturally regulates our mental life. It reveals our conditioning, our blockages, our automatic responses... and this clear-eyed view is already liberating.

Mindfulness astrology is therefore not an end in itself, but a tool for support. Used in conjunction with a meditative practice (such as perceptive-), it becomes a real aid to introspection, a tool for active meditation.

Can it be a profession?

Yes, provided it is integrated into multidisciplinary training, depending on your professional project. Mindfulness astrology can enrich and support many approaches:

- Personal development consultant
- Career counsellor
- Relationship wellness coach
- Couples astrotherapist
- Parenting counsellor
- Astro-analyst
- Naturopath
- Nutrition and wellness consultant

- Psycho-energetic therapist

This requires:

- Additional training in the chosen fields
- The development of a clear professional plan
- The creation of a professional website
- Legal status (sole trader, company, etc.)
- A gradual presence on social media (such as Instagram), even without photos at first

What should you think about transits and predictions?

It is important to clear up any ambiguity: the stars do not cause our inner states.

When a period is described as 'positive', it is not because the planets have created it. It is simply because the person is ready, at that moment, to bring out a particular quality or dynamic. The birth chart and transits are only symbolic maps that mirror these inner climates.

It is a parallel synchronicity between the celestial structure of the moment and what the psyche is seeking to experience, express or transform.

How much credence should we give to horoscopes in newspapers or magazines?

They can be given some credence if they are written by a competent astrologer and updated at least weekly. This is because the planets do not move quickly enough to justify

significant changes from one day to the next. Daily horoscopes are therefore often too general or approximate.

A serious horoscope is based at least on the position of the sun, but a truly personalised analysis requires taking into account the entire birth chart.

What is the difference between astrology and clairvoyance?

Clairvoyance is based on an extrasensory gift: certain people, known as mediums, claim to perceive information through intuitive or spiritual channels, without using a structured method. They refer to this as predictions.

Astrology, on the other hand, is a symbolic and technical discipline based on rigorous astronomical calculations and a symbolic reading of celestial configurations. It allows predictions to be made, i.e. to identify the inner climates that are likely to emerge at certain times.

An astrologer does not announce facts, but highlights dynamics of transformation.

How does one become an astrologer?

There are many private astrology schools, but no official diploma is currently recognised by the state, either in France or elsewhere. These schools sometimes issue training certificates, which primarily attest to attendance at classes.

In the United States, a university in Seattle has been awarding a university degree in astrology since 2011. In India, jyotiṣa, a traditional knowledge combining astronomy, astrology and symbolic interpretation, is taught at several universities.

But ultimately, true astrologers are often passionate autodidacts, trained through study, practice and experience. Their legitimacy rests above all on their mastery of symbols, their ethics and their ability to listen.

Have kings, queens and heads of state really consulted astrologers?

Yes, history is full of famous examples.

- Nostradamus advised Catherine de Medici.
- Morin de Villefranche was the astrologer of Richelieu and Anne of Austria.
- De Gaulle regularly consulted Maurice Vasset, known as Régulus.
- In the United States, Ronald Reagan and Richard Nixon used the services of astrologers.
- Johannes Kepler, the famous mathematician and astronomer, also drew up horoscopes for Emperor Rudolph II.
- Élisabeth Teissier has stated that she advised Hassan II, Juan Carlos, François Mitterrand and other political figures.

Astrology has therefore often been discreetly present behind the scenes of power.

Is astrology a science?

That may not be the right question. A more accurate question would be:

Is there a real parallel between the structure of the sky at the moment of an individual's birth and the broad outlines of their psyche?

Astrology does not meet the criteria of the so-called exact sciences (such as mathematics or physics). It does not establish universal laws that can be verified by reproducible experimentation.

But it can be linked to the humanities, just like psychoanalysis or certain psychotherapeutic approaches: it explores the inner workings of human beings through symbols and archetypes.

It does not explain, it reveals. It does not influence, it illuminates.

Is astrology too old to be credible (it has been around for over 5,000 years)?

If this question calls astrology into question, then it could just as easily apply to disciplines as old as astronomy, with which astrology shares its origins.

Astrology has not remained stuck in the past. Its knowledge has evolved over the centuries, just like that of other disciplines. For example, astrologers in ancient times

believed that the Earth was at the centre of the cosmos. Today, any serious astrologer knows that the Earth is a planet orbiting the Sun, itself one star among billions.

The age of a piece of knowledge does not invalidate its relevance, especially when it adapts and renews itself.

Why do we say that the signs of the zodiac no longer correspond to the constellations?

This idea is based on a confusion between the zodiac of signs, used in astrology, and the zodiac of constellations, used in astronomy.

The cause of this discrepancy is a phenomenon called the precession of the equinoxes, discovered by the Greek astrologer Hipparchus of Nicaea. Due to the slow spinning motion of the Earth on its axis, the point of the spring equinox (around 21 March) recedes each year by approximately 1° every 72 years, or 30° every 2,160 years. As a result, the starry background slowly slides behind the symbolic zodiac.

But this is not a mistake: Western astrologers use a fixed symbolic zodiac (known as the "tropical" zodiac), which always begins at 0° Aries at the spring equinox. There has never been any question of a rigid link with the actual constellations. The astrological zodiac is a symbolic division of the annual solar cycle, not an astronomical map of the stars.

Some people talk about a thirteenth sign, Ophiuchus. What is this?

Ophiuchus is indeed an astronomical constellation that the Sun passes through during the year. But this does not concern Western astrology, which is based neither on constellations nor on their number, but on a division of the sky into 12 equal sectors of 30° each.

These 12 sectors correspond to the 12 signs of the zodiac, not to the visible constellations. Consequently, Ophiuchus has no place in this symbolic reference system, which is structured by the seasons and the solar cycle, not by the shape or number of constellations.

Are astrologers frauds or charlatans?

As in any discipline, there are unscrupulous individuals. But this does not disqualify the entire profession. There are competent, serious, trained and ethical astrologers, just as there are abuses — as in any field, including medicine, law and spirituality.

A reputable astrologer does not infantilise their clients: they help them to better understand themselves through symbolic insights. They do not impose beliefs, make promises or predict the future with any certainty, and must never encourage dependence.

Does astrology make people dependent? Does it make them believe they are prisoners of fate?

This risk exists if astrology is practised poorly or if it is used to exert power over others. But astrology, in its humanistic, symbolic or psychological approach, does not in any way seek to lock individuals into a predetermined destiny. On the contrary, it allows us to become aware of inner patterns, potential influences and periods conducive to certain developments. It encourages greater clarity, not passive submission. Man is a prisoner of nothing except what he does not know about himself. Astrology can help him shed light on these grey areas.

Why consider astrology a human science?

Astrology does not belong among the exact sciences: its interpretations cannot be reproduced identically or proven according to the experimental criteria of the hard sciences. But it can be likened to the human sciences, such as psychology, psychoanalysis and anthropology. These disciplines study humans in all their inner complexity and use tools of interpretation, observation and symbolisation. Astrology offers a framework for understanding the human psyche, a map of tendencies, inner conflicts and potential. It is in this capacity that it deserves to be considered — as a symbolic language in the service of self-knowledge.

As one author beautifully put it:

"Astrology is not an exact science. But who claims that ethnology is? And yet, no one doubts the seriousness of Claude Lévi-Strauss's work."

Can you change your astrological chart?

The astrological chart cannot be changed, because it represents a symbolic configuration that is fixed at the moment of birth. On the other hand, the way we live and understand this chart can evolve profoundly. What mindfulness astrology offers is not an escape from one's chart, but an awareness of it with clarity, compassion and discernment. Each planetary position indicates a field of experience, a psychic energy to be welcomed, a challenge to be met or a resource to be integrated. As long as we remain unaware of these dynamics, we often experience them as inevitable. But once we become aware of them, the chart ceases to be an imposed destiny and becomes a roadmap for transformation. It is not a question of changing the chart, but of changing our relationship to what it reveals about us, and thus transforming our lives.

Why don't twins have exactly the same destiny?

Even if they are born a few minutes apart, twins will not experience their astrological theme in the same way. Their experiences, their sensitivity, their consciousness, their relationship to the environment and to others introduc ly major differences in interpretation and experience. Astrology does not describe a linear destiny, but a dynamic interplay of psychic forces. It does not say what will happen, but what needs to be integrated, transformed or

understood. Two twins may therefore share the same symbolic plan, but one may experience an aspect of tension as an inner conflict, while the other finds it a source of creative energy. This is why mindfulness astrology emphasises the role of consciousness, choice and self-reflection, rather than events.

Is astrology deterministic?

No, not if it is practised in the spirit of mindfulness. Deterministic astrology postulates that everything is written, that our actions are dictated by the stars, and that it is enough to read a chart to predict a life. This approach is reductive, often infantilising, and psychologically harmful. Mindful astrology starts from a completely different premise: the astrological chart is not a programme, but a mirror. It does not tell you what you should be, but what you carry within you as potential, as contradictions, as evolutionary tensions, at a given moment. The individual is not locked into an astral configuration: they are the observer capable of becoming aware of it, transforming it and transcending it. It is the way you look at the chart that changes everything.

What if I don't know my time of birth?

The time of birth allows you to calculate the Ascendant and the position of the planets in the houses, which considerably refines the analysis of a chart. But even without this information, much of the chart remains accessible, particularly the position of the planets in the signs and their aspects to each other, which are already

very rich in symbolism. Certain methods also allow you to estimate the Ascendant, either through astrological rectification (retroactive analysis of certain life events) or through inner feelings by observing possible descriptions. In the spirit of mindfulness, what is important is not absolute technical precision, but the accuracy of the inner resonance. Even an incomplete chart can become a tool for self-exploration if approached with sincerity and openness.

Reading: ***Astrology and Culture*** by Jérôme Zenastral

Progression guide

Astrology and mindfulness

This guide takes you step by step through the exploration of astrology using a mindfulness approach. This course favours the silence of the text over the distraction of images. It invites you to learn in a contemplative, free and intuitive way, respecting each person's pace and momentum.

Training at your own pace

This course is entirely progressive and flexible. There are no assignments or compulsory exercises. All books, lessons and workshops are available as PDF files that you can download from your personal account.

For each lesson, you will find:

- The learning objective
- Recommended reading

Exercises or questions for further study

Got a question along the way?

If you have any questions while reading or working through the course, please send them to me at the following address: **jerome(at)zenastral.fr**
I will be happy to answer them as best I can.

The birth chart: your working basis

The astrology I teach is based on the symbolic interpretation of the birth chart at the moment of birth. This represents the arrangement of the planets, houses and signs of the zodiac at the precise moment of birth.
I do not teach the mathematical calculation of this chart here: there are many reliable websites available for this purpose.

Here are a few tools I recommend:

- Astrotheme.fr
- Astro.com (Astrodienst)
- AstroSeek.com

Once your chart has been drawn up, the lessons will guide you step by step through its interpretation, according to the mindful astrology approach.

Tips for progress

It is recommended that you follow the lessons in the order presented, as they build on each other.
However, if a theme or planet appeals to you in particular, you are free to explore the corresponding lesson.

Learning astrology is a living dialogue between you and the symbols.
Tip: Keep a notebook or learning journal in which you write down your observations of charts, current transits

and discoveries that strike you. Astrology then becomes a living path, rooted in your own experience.

Download PDF books

In most courses, I recommend a book that is directly related to the lesson, which I have written. This book is an integral part of the course: it should be read carefully to deepen your understanding of the content studied.
All the books mentioned are available in PDF format.

You can download them from this website by clicking on the link "Download PDF books" on the home page.

To go further

Once you have laid the foundations, you can explore more specific areas covered in the workshops:

- Astrology and personal development
- Examples of astrological chart interpretation
- Synastry (comparison of two astrological charts in a relational context)
- World astrology (reading major collective dynamics)
- Astrology and careers
- Educational astrology,
- Flower essences,
- And ethical advice and a carefully selected bibliography.

A respectful and conscious astrology

Mindful astrology is a path to self-awareness and awareness of the world. It is based on listening, respect and humility. It does not judge, predict or manipulate. It reveals, enlightens and invites. It teaches us to welcome the forces at work, to understand both tensions and harmonies, and to grow in awareness.

Final exam: Mindfulness Astrology Diploma

At the end of the course, when you feel ready to interpret a chart in its entirety, you can move on to the exam stage.

Here's how to proceed:

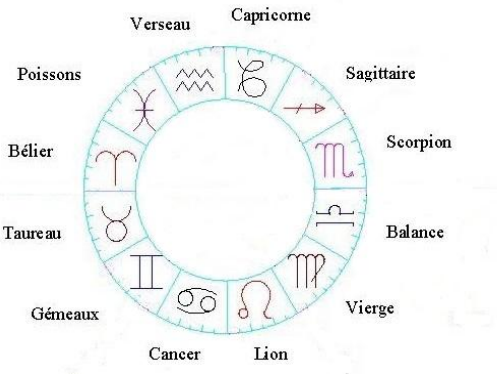
1. Download the birth chart provided for the final exam (link provided on the website).
2. Complete the full interpretation of the birth chart at your own pace.
3. Send your work by email to **jerome(at)zenastral.fr**, along with:
   - your name or username (the one you want to appear on the certificate),
   - and, if you wish, your date, time and place of birth, so that your own chart can be included on the certificate.

You can let me know at any time if you wish to obtain the certificate.

This will allow me to follow your progress more closely if you wish. This notification is optional and can be made at any time by email.

Lesson 1 The signs of the zodiac

In astrology, the structure of the sky at the moment of birth is called the astral chart[8] . The planets in our solar system travel across the sky along the same circular band called the zodiac. It is composed of twelve 'signs' traversed by the planets in our solar system.



Les astres se déplacent sur la sphère céleste selon un même cercle. Cette trajectoire, divisée en douze secteurs égaux, constitue le zodiaque avec ses douze signes.

According to the guiding principles outlined in the course "*General Introduction: Philosophy and Method*", each sign symbolises a field of energy. It is associated with a state of well-being that echoes a set of psychological characteristics related to that state and generally referred to as "meanings"[9] . For example, the state of well-being

[8] The astral theme is also called a sky chart or horoscope.

[9] See the book *The Twelve States of Bliss, Witnesses to Universal Consciousness* by Jérôme Zenastral. This book explores the intimate connection between mindfulness and the universal quest for happiness or well-being. Another objective of this essay is to help the reader understand how the concept of the fall as a loss of initial harmony or separation from our true nature, present in many spiritual traditions, is

associated with the sign of Aries is wonder. The qualities of this sign, such as spontaneity, boldness, frankness and enthusiasm, resonate with its source, wonder.

Each planet symbolises a dynamic force of the psyche. The force, symbolised by a planet, takes on a particular hue depending on the sign it occupies. The energy field relating to this sign manifests itself through the psychological function (or force) represented by this planet. Thus, in a person's astrological chart, when a sign is crossed by a planet, it becomes significant[10] and reveals one of the forces of their character. The astrological chart therefore reflects our personality in all its diversity:

- Aries, a fire sign, is associated with wonder, with its well-known stimulants such as spontaneity and enthusiasm.

- Taurus, an earth sign, symbolises pleasure, with sensuality and enjoyment as its guiding principles...

- Gemini, an air sign, is comparable to a playground where cheerfulness reigns, with its factors of adaptation such as flexibility and curiosity...

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linked to our relentless quest for happiness and fulfilment. This book also refers to the 12 signs of the zodiac, suggesting a connection between these astrological signs and the "12 blessings".

[10] The twelve sectors of the zodiac were called "signs" by the early astrologers because, when a planet passed through a sector of the zodiac, they deduced a particular meaning from it.

- Cancer, a water sign, is the crucible of our psyche where everything develops to its full potential, with receptors such as sensitivity and satiety.

- Leo, a fire sign, is our humanity in all its splendour, with its rays of sublimation such as magnanimity and generosity...

- Virgo, an earth sign, is associated with purity, with its correctors or rectifiers such as impeccability and order.

- Libra, an air sign, symbolises harmony with its balancing factors such as objectivity and thoughtfulness.

- Scorpio, a water sign, is the secret part of our psyche where alchemy towards deliverance takes place with its guardians of the threshold such as letting go and self-investigation...

- Sagittarius, a fire sign, is like an archer in a celestial cathedral, directing his arrow towards exultation or jubilation with his propellants such as enthusiasm and fervour...

- Capricorn, an earth sign, is our inner temple with its pillars of wisdom and factors of stability such as impassivity, maturity and reliability...

- Aquarius, an air sign, is our aspiration for freedom, equality and fraternity, with emancipation and altruism as factors, along with autonomy, detachment, liberation, solidarity and friendship...

- Pisces, a water sign, is our nostalgia for ecstasy, with its infinite openings to grace, such as meditation, compassion, contemplation...

  When the energy symbolised by a sign is diverted, we experience the shadow side of that energy, laden with its side effects: emotions[11] , fears, conflicts... Here are some common scenarios of diversion:

- -In our relentless quest to discover everything (the sign of Aries), we are no longer able to channel our impulses and express our irritation through impulsiveness, impetuosity, animosity, etc.

- -When we are driven by what we possess: pleasure, greed, attachment to an object or a person (the sign of Taurus), we lose ourselves in a maze of unfulfilled desires, dissatisfaction, greed, jealousy...

- -When we scatter ourselves across multiple activities, and if nothing stable and profound takes root within us (, sign of Gemini), we become fickle, scattered, restless, impatient, feverish...

- -If our childhood was troubled (the sign of Cancer), we desperately seek to fill a void and implicitly ask those around us to mother us. Overwhelmed by insatiability,

[11] Depending on our character, we are more or less predisposed to feel certain types of emotions. Any deviant tendency of the psyche is reversed and seeks an outlet through emotions that our mind considers negative.

unable to fully appreciate what we already have, and launched on a quest for the impossible, we express our dissatisfaction through contrariness or pessimism and become frustrated, sad, and discontented...

- -If we make ourselves the centre of the world, if we put our ego stamp on everything (the sign of Leo), we become full of ourselves and turn to ostentatious displays. It is the reign of excess. We identify with our profession or title and refuse to acknowledge the importance of our inner life. But beneath this mask, beneath this persona, our true nature refuses to be repressed. This conflict generates side effects such as bad moods, fears or feelings of superiority such as disdain, vanity, *pride...*

- -Due to a lack of self-confidence, fear of criticism, or fear of being disturbed in our inner organisation (the sign of Virgo), we are tempted to isolate ourselves so as not to lose ourselves, to protect ourselves by adopting a distinctly introverted attitude (reserve, sobriety, caution). But the threat of the irrationality of life is there, present. Hence our anxiety and persistent feeling of insecurity. We are tempted to seek shelter by strengthening our defences: by being concerned with respectability, a sense of duty, scrupulous honesty and perfect civility. The result is a feeling of inferiority that makes us modest, shy and guilty of modesty.

- -Wanting to please everyone, we compromise ourselves (the sign of Libra). Off-centre, we weigh up the pros and cons of everything, we take one step forward and another backwards, or we give ourselves to one thing and then its opposite. Very embarrassed when faced with a choice, we

oscillate between two temptations without being able to make up our minds, and we are embarrassed, discouraged or disappointed. This problem of indecision or procrastination condemns us to a greater or lesser degree to inaction or lukewarm behaviour. Every choice has advantages and disadvantages. Hesitation sets in when these choices seem equivalent. It becomes a problem when we do not make the effort to explore the different possibilities and take responsibility for our decisions.

- Resisting change blocks our intense energy (the sign of Scorpio). This repressed energy finds an outlet through the exercise of power, manipulation, destruction or negativity. When we are negative, we quickly become tormented. Anxiety, guilt and unhappiness are familiar states when we repress our aggressive and erotic instincts. We feel condemned and guided by a guilty conscience. We may also externalise our destructive aggression by opposing it to what we perceive as a hostile environment. We rebel against the slightest pressure or exert , we rebel against all discipline and constraints, and we cannot tolerate any authority. We need to see the absurdity of controlling what we cannot change or influence, and realise the loss of energy and well-being that perfectionism and relentlessness represent. Letting go means changing ourselves or accepting ourselves with our limitations and values, which allows us to accept others more easily. Letting go is essential to well-being, without however giving up the positive secrets that protect us, stabilise us and make us stronger.

- Our overly high standards (the sign of Sagittarius) lead us to intolerance and insensitivity towards others. If our need to feel in perfect harmony is denied, our ego becomes the seat of a process of expansion and inflation. As a result, we are carried away by egocentric exaltation, where everything is about intoxication and grandeur for ourselves, or by rebellion, which leads us to the excesses we crave. In the latter case, we rebel against the truth of our environment and openly fight against prejudices and preconceived ideas.

- We sometimes confuse self-control with repression (the sign of Capricorn). It is no longer wisdom but rigidity. Our creativity is inhibited by pessimism or an excessive concern for respectability. We overcompensate for our desire for power or our thirst for elevation with an attitude of excessive humility and selflessness. We also sometimes assert our ego harshly, which, , leads us to experience a desire for power in a real thirst for domination. Asceticism allows us to fulfil ourselves with complete serenity.

- We believe that in order to regain freedom, we must take the path of individualism, the process of emancipation that allows each person a certain independence from social rules (the sign of Aquarius). Our thoughts believe themselves to be dependent on systems and fixate on an ideal of freedom where we accept no constraints, nothing that could tie us to an idea, a family, a place or a country. An ideal where we are free to move and act as we please.

- Our hypersensitivity makes us emotional, impressionable and vulnerable (the sign of Pisces). It is therefore natural

to hesitate, to grope around, to question ourselves. We try one direction and then another, surfing on an ever-elusive wave. We give the impression of revelling in the undefined and the indecisive, tormented by the impossibility of finding our true path. Confusion tells us to move forward in this fog. It echoes a consciousness greater than our individual consciousness. It is an indescribable opportunity to reconnect with consciousness. This requires introspection, an exploration of our innermost being. In this state of meditation, we discover a space of freedom and infinite love in the background of our individual consciousness.

Observe the relationships between the signs based on their symbolism

As you read the descriptions provided for each sign, you can go further by observing the **links and contrasts** that exist between certain signs. Here are a few tips to refine your astrological observation skills:

▷ Identify the signs that are 90° apart (in a square)

Aries♈ with Cancer♋ or Capricorn♑
Taurus♉ with Leo♌ or Aquarius♒
Gemini♊ with Virgo♍ or Pisces♓
Cancer♋ with Libra♎ or Aries♈
Leo ♌ with Scorpio♏ or Taurus♉
Virgo♍ with Sagittarius♐ or Gemini ♊

And so on...

Based on the descriptions of these signs, can you see what makes them so different, even contradictory at times? What tensions or challenges can you guess between their ways of being?

▷ Identify the opposite signs (180° on the zodiac wheel)

Aries♈	—	Libra♎
Taurus♉	—	Scorpio♏
Gemini♊	—	Sagittarius♐
Cancer♋	—	Capricorn♑
Leo♌	—	Aquarius♒
Virgo♍	—	Pisces ♓

As you reread the descriptions of these signs, what seems to be in opposition? Or perhaps complementary? What contrasts strike you? What balances could be created between them?

▷ Identify the signs that form a 120° triangle (trine)

Aries♈ — Leo♌ — Sagittarius♐ (fire signs)
Taurus♉ — Virgo♍ — Capricorn♑ (earth signs)
Gemini♊ — Libra♎ — Aquarius♒ (air signs)
Cancer♋ — Scorpio♏ — Pisces♓ (water signs)

When you reread the signs of the same element, do you notice any particular resonance between them? What connects them? How does each one express this "elemental energy" in its own way?

Reading: ***The Twelve States of Bliss*** by Jérôme Zenastral

Lesson 2 The four elements: fire, earth, air and water

The theory of the four elements – **Fire, Earth, Air, Water** – is a universal symbolic foundation shared by astrology and many philosophical and spiritual traditions. It offers an energetic view of life, an elementary language for approaching the nuances of our psychic functioning.

Each sign of the zodiac belongs to one of these four elements, which allows us, through the study of the planets in the signs, to observe the dominant energetic qualities that colour our expression.

Fire – The life force

Fire is the energy of enthusiasm, initiative and self-confidence. It drives the desire to act, to assert oneself, to shine. It seeks to live life intensely, to be passionate about an ideal, to embody a vision.

- Signs associated with Fire: Aries, Leo, Sagittarius
- Feelings: inner warmth, creative drive
- Risk: excessive impatience, self-will, domination

Earth – Practicality and stability

Earth is the energy of tangible reality, patience and construction. It seeks to anchor things, provide security and organisation, and give shape to the inner world through concrete actions.

- Signs associated with Earth: Taurus, Virgo, Capricorn
- Feelings: solidity, need for order, caution

- Risks: attachment to the familiar, rigidity, fear of the unknown

Air – Thought and relationships

Air is the energy of the intellect, exchange and openness. It connects ideas, beings and experiences. It needs to breathe diversity, to understand, to name and to observe with detachment.

- Signs associated with Air: Gemini, Libra, Aquarius
- Feelings: mental lightness, flexibility of mind
- Risks: distraction, over-intellectualisation, avoidance of real life

Water – Emotion and intuition

Water is the energy of feelings, emotional connections and inner depth. It explores memories, the subtleties of the soul and the invisible movements of the heart. It calls for fusion, compassion and acceptance.

- Signs associated with this element: Cancer, Scorpio, Pisces
- Feelings: sensitivity, intimacy, fluidity
- Risks: withdrawal, confusion, defensive hypersensitivity

A presence, not a quantity

In the mindfulness approach to astrology, the elements are neither fixed dominants nor criteria of quantity. Their presence in the chart does not necessarily mean that they

are "too much" or "too little." It all depends on how the subject's consciousness integrates these energies.

The distribution of the elements provides points of reference for exploration, but it is the planets, in connection with their sign, house and aspects, that provide the true inner dynamic. The balance or imbalance of a chart cannot therefore be measured by automatic counting, but by subtle listening to tensions, resistances and potentialities for harmonisation.

A reading beyond the ego

What creates tension or conflict is neither the element itself nor its frequency, but the way in which the ego emphasises some and represses others.

Let's take an example: a person with several planets in Fire signs may seem dynamic and strong-willed, but if the ego overvalues this energy at the expense of emotion (Water) or stability (Earth), a psychological imbalance is created. Conversely, a strong presence of Water, if welcomed with awareness, can be a huge source of inner clarity and accurate intuition.

This is why, rather than talking about "dominants" or "deficiencies," it is more accurate to consider an inner dialogue between the elements. Each has its own virtues, and none is superior or inferior to the others.

In practice: how can these elements be integrated into study?

In this school, there is nothing to learn by heart.

The content offered is intended to aid practice and provide food for thought, not to present fixed truths.

Here is a concrete method for assimilating the symbolism of the elements through the observation of real astrological themes:

1. Choose a chart (your own, that of a loved one or a celebrity – databases are available online).
2. Note which signs the planets are in.
3. Identify the dominant elements by the signs they occupy, keeping in mind that this is not a measure of quantity but of energetic atmosphere.
4. Observe: *Does this person act a lot? Do they dream more than they act? Do they speak easily or cautiously? Do they feel very sensitive, very grounded, very cerebral, very instinctive?*
5. Connect these observations with what you have just read about the elements. Make living connections.

This process of observation and reflection will train you to recognise the elements not as boxes, but as living forces that express themselves through the human psyche.

In summary

- The four elements are energetic languages.
- They describe universal forces that are present in all of us.
- They express themselves through the astrological signs that colour the energy of the planets.
- The balance or tensions between these elements depend on consciousness and not on automatic counting.
  Studying them is a tool for integration, not a system of judgement.

Lesson 3 The planets

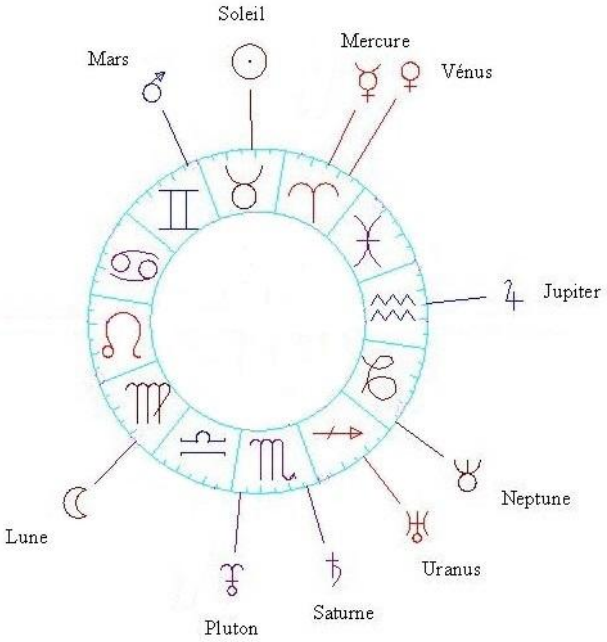
The planet symbolises a force. In our astrological chart, each planet (force field) in a sign (energy field) tells us what type of energy (symbolised by the sign occupied by the planet) fuels a force (symbolised by a planet in a sign). The force of a planet takes on a particular hue depending on the sign it occupies. The energy field symbolised by the sign manifests itself through the psychological function represented by the planet. For example, Venus's power of seduction will be passionate in the sign of Aries but rational in the sign of Capricorn.

Personal development:

-To interpret a chart correctly, it is recommended to specify through which channel certain character traits are expressed, so that the person can better understand their contradictions. Thus, when interpreting Venus in Aries, we would say that it indicates a spontaneous, impulsive character trait, without forgetting to mention that this only applies to the emotional sphere. If the same person has Mars in Capricorn, we would say that they will be focused and cautious in their actions.

-Immerse yourself in the symbolism of each planet and each sign. Always keep in mind the type of element (fire, earth, air, water) of each sign. A planet is energised and stirred up by a fire sign. Its function is d slowed down in an earth sign, sensitised by a water sign and intellectualised by an air sign.

In addition to the sun sign, astrological analysis takes into account all the signs occupied by one or more planets. In mindfulness astrology, each planet symbolises a force in itself. This force is expressed differently depending on its position in the sky.



Let's examine the symbolism[12] of each planet, starting with the Sun:

The Sun: our life force, our masculine energy

The Sun completes one revolution of the zodiac in one year. It moves forward one degree per day and crosses one sign per month. The sign occupied by the Sun on the day of birth is called the "sun sign".

Our life force (symbolised by the Sun) centres our personality within itself, then illuminates the ideal we have of ourselves. A centred person radiates their life force, makes decisions, asserts their convictions, follows the path they have chosen, and thus fulfils their life.

The Moon: our inner self, our force of surrender, our soul, our feminine force

[12] A symbol is a representation that carries meaning. Planetary symbolism is the correspondence between the planets and the psyche.

We keep within us images of things we have seen and touched. The passive force of our soul memorises these images. Our force of surrender to the flow of life (symbolised by the Moon) responds to our need for security, intimacy, comfort, well-being and tranquillity.

While our masculine strength and our life force enable us to move towards a specific goal, our strength of surrender opens us up to what is. These two forces, one of affirmation (masculinity, virility, power) and the other of surrender (femininity, receptivity, sensitivity), coexist in the psyche of both women and men.

The Moon in a sign shows us how we open ourselves to the universe. This openness to life manifests itself in very different ways from one person to another.

Venus: our power of seduction , our power of attraction

Human beings are connected to the world through the attraction they exert. Our power of attraction (symbolised by Venus) is the magnetic force that draws us to other people according to the law of affinities. It invites us to meet others in order to share the best of ourselves.

Venus in a sign shows our intuitive way of charming others, our way of loving and forming bonds, and our sensitivity to beauty.

Mercury : our mental strength

Our mental strength (symbolised by Mercury) knows how to take an objective step back to understand the world and put words together to form a logical understanding of things. This combination makes up our thinking. With our mental strength, we establish and exchange (through breathing, touch and the nervous system) relationships with our environment. Mental strength therefore responds to our need to speak, write, inform ourselves and to the necessity of thinking and communicating.

Mercury in a sign shows what type of energy is supposed to stimulate our mental strength.

Mars : our virile strength

We must conquer and know how to take our place in our environment. It is our masculine strength (symbolised by the planet Mars) that drives us irresistibly to assert ourselves, face the challenges of existence and fight against its impermanence. Masculine strength responds to our urgent need for action and affirmation and the need to defend our living space.

In a sign, Mars reveals the virtues to be developed to allow our masculine strength (or our aggressiveness) to be released in a harmonious and constructive way.

Jupiter: our moral strength e of expansion and growth, force of cohesion or principle of social integration within the group

Jupiter is what drives us to connect, integrate, optimise and organise in a broader sense, where other psychological functions divide, define or protect. This is what drives growth: the inner quest for a greater order and fuller integration, on a personal, social and sometimes spiritual level. It is an evolutionary force, but not in the sense of becoming "better", rather in the sense of becoming part of something larger than oneself, in an orderly, living world governed by laws.

Jupiter's position in a sign reveals the qualities to cultivate, the attitudes to reinforce, and the types of energy to invest in order to meet this need for expansion and coherence.

Saturn: our stabilising force (maturity, stability, wisdom , renunciation, etc.)

There is a force within us (the force of maturity or stability, symbolised by Saturn) that helps us to assess each challenge or obstacle and learn from it. It allows us to know what suits our nature and tastes best, to know our limits, to determine what we are really capable of achieving. Part of us wants to give up and reject what has become insufficient or too restrictive. Saturn itself asks us to keep what is most useful to us in this world. The stabilising force symbolised by Saturn responds to our need to satisfy our ambitions and evaluate situations through careful reflection. It also helps us learn from conflictual situations and take responsibility.

Saturn in a sign shows how we want to achieve this.

Uranus: Our force of emancipation

Uranus is our force of emancipation, breaking all dependencies that distract us from the freedom of our original "being". It responds to our urgent need for independence, change and progress.

Neptune: Our power of immersion, self-sacrifice and forgiveness

We are born with a psyche that will gradually manifest itself according to the interplay of forces symbolised by the Moon, then Mercury, Venus, Mars, the Sun, Jupiter and Saturn. This process of psyche formation needs a safeguard as a reminder of the possible return to consciousness (or the unmanifest):

It is the subtle interplay of forces, symbolised by the planet Neptune, that will deconstruct and dissolve in our psyche everything that hinders the return to consciousness (or the unmanifest).

Neptune is our force of immersion, self-sacrifice and forgiveness, the force capable of unifying all things, opening us up to the spiritual world, surrendering us to grace, revealing the mystery of existence and allowing us to meditate on the subtleties of this world.

Neptune represents within us the desire to weaken our personal limitations, dissolve illusions, detach ourselves from material desires and personal ambitions in order to develop greater empathy towards others and promote our spiritual growth.

Pluto: Our power of investigation and transformation

Pluto is our investigative force**,** capable of bringing to light our psychic residues (past frustrations and mistakes, psychological wounds, repressed secrets, etc.), our resistances and all issues of power and control in our lives.

Table of strengths and tendencies represented by each planet

Planets	Strengths, tendencies
Sun	**Life** force[13] **, and achievement**: guiding, willing, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
Moon	**Force of abandonment**[14] : memorise, fertilise, secure, protect, internalise, dream...
Mercury	**Mental strength**[15] **:** understand, think, connect, reflect, solve, inform, communicate, translate, diversify...
Venus	**Power of** attraction[16] : loving, attracting, seducing, charming, embellishing, connecting...

[13] The life force and force of realisation is our inner guide, our conscious pole, our ability to create, our convictions and our decision-making.
[14] This force of surrender to the flow of life responds to our need for security, intimacy, comfort, well-being and tranquillity.
[15] Mental strength responds to our need to speak, write, learn and to the necessity of thinking and communicating.
[16] The force of attraction responds to our need for tenderness and love and the need to seduce in order to provoke an encounter and thus share the best of ourselves.

Mars	**Virile** strength[17] : conquering, acting, asserting, fighting, battling, defeating, defending, repelling, countering...
Jupiter	**Moral force of expansion and growth, force of cohesion[18] :** amplify, increase, optimise, develop, group, gather, legislate...
Saturn	**Stabilising** force[19] (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, calm, limit, empower, grow, assume, renounce...
Uranus	**Emancipatory force[20] :** liberate, emancipate, progress, change, differentiate, break away...
Neptune	**Force of immersion and self-denial[21] :** dissolve, abandon, forgive, immerse, meditate, merge...

[17] Masculine strength responds to our pressing need for action and affirmation **and to the necessity** of conquering and defending our living space.

[18] This cohesive force responds to **our need to integrate into society or a group,** to the obligation to comply with the laws and norms that regulate social life or the life of a group. It is also our moral force for expansion and growth that introduces us to a higher dimension of existence.

[19] The stabilising force responds to our need to satisfy our ambitions, to evaluate situations through careful reflection and to learn from them, and to the need to know our limits and take responsibility.

[20] This force is capable of breaking any dependence that distracts us from the freedom of our original being. It responds to our urgent need for independence, change and progress.

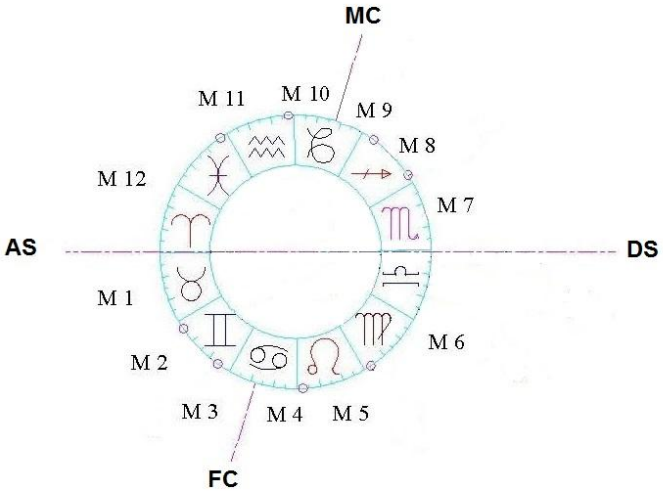
[21] It is the force capable of dissolving in our psyche everything that hinders our return to consciousness.

Pluto	**Force of investigation**[22] **:** eliminate, investigate, question, deepen, transform, essentialise, deliver, resurrect...

[22] It is the force capable of bringing to light our frustrations, past mistakes, psychological wounds, repressed secrets, our resistance and all the issues of power and control in our lives.

Lesson 4 Houses: our fields of experience

The intersection of the horizontal axis passing through the ascendant and the vertical axis passing through the midheaven delimits four zones. Each zone is divided into three parts to form a set of twelve sectors. These sectors, called "houses", overlap the zodiac. Each area of life is linked to an astrological "house".



In astrology, we classify human experiences into twelve essential fields of experience (or twelve houses). Each sphere of existence brings together a range of experiences that are all related to the same general idea (for example, the guiding principle of the 2nd house is to make the most of our achievements, gifts and money). The houses that

concern us are those in our astrological chart that are occupied by one or more planets.

[23]These houses correspond to types of events that we bring about through our behaviour. Our spheres of existence therefore reflect who we are. The quality of these events tells us where we are in terms of self-knowledge. When we are in tune with our strengths, there are no real challenges to be faced in the areas occupied by one or more planets. The houses tell us what challenges we set ourselves to see where we are and thus refocus on who we really are.

House 1: identification

In this house, all our efforts are aimed at defining our territory. The planets in this house show how we experience **"who I am",** how we situate ourselves in the world as a unique person. What others perceive of my presence is a reflection of how I feel about my own identity.

⇨ Ministry of the Interior

House 2: Fruition

In this second house, we want to reinforce our need for material security. Creativity is present and necessary in order to give more value and meaning to the things we own. This is traditionally the house of acquisitions and

[23]"The world is what we are. The world is nothing but you and me. This little world of our problems, once enlarged, becomes the world with its problems," insisted the philosopher Krishnamurti.

money. My relationship with money reflects the forces I use to enrich myself.

⇨ Ministry of Taxation and Finance.

House 3: Communication

This house encompasses all experiences related to communication, close friends and family (brothers, sisters, neighbours, etc.), travel and writing. We expend a lot of energy here in order to better adapt to our environment. The quality of this adaptation reflects the forces we use to communicate better.

⇨ Ministry of the Environment and Telecommunications.

House 4: Foundation

Our childhood, our origins, our roots and our family home form the basis of who we are. All these well-assimilated experiences serve as reassuring references. In the fourth house, we seek to define our own foundations. My private life reflects the efforts I make to put down roots.

⇨ Ministry of Family Affairs and Heritage.

House 5: Expression

This house refers to all areas of life that allow us to express who we are. Artistic creations, entertainment, love affairs, children, education and speculation reflect the quality of the energy we invest in promoting ourselves.

⇨ Ministry of Education, Leisure and Culture.

House 6: Improvement

In this house, we seek to bring order to our lives and fill in the gaps. Work, health, servitude and employer-employee relationships are the meanings traditionally assigned to the sixth house. My work and my relationships with my colleagues reflect the forces I use to improve myself.

⇨ Ministry of Industry, Labour and Health.

House 7: Union

The seventh house is traditionally associated with marriage, married life, contracts and justice. In general, it symbolises **encounters**. The quality of the relationship reflects my awareness of the other person and depends on the degree to which the forces involved in bringing about an encounter are fulfilled.

⇨ Ministry of Justice and Social Affairs.

House 8: Transformation

This house represents the challenge of dealing with relationship problems and managing crises. Certain behaviours need to be changed in order to improve the quality of relationships with one's partner or with society. Traditionally, this house is associated with all experiences related to finances, financial management within a couple or a company, the occult, mysteries and inheritance. Any relationship crisis or the quality of my financial management reflects the strengths I use to enrich my relationship.

⇨ Ministry of Ecology and Sustainable Development.

House 9: Mission

This is the house in which we seek to understand human behaviour and acquire a broader sense of the laws of life. It is traditionally the house of philosophy, religion and travel. My spiritual life and my travels reflect the forces that come together to open me up to the world.

⇨ Ministry of Foreign Affairs and Tourism.

House 10: Contribution

The tenth house is traditionally considered the house of ambitions, honours, reputation and career. In general, it indicates what we should do to respond validly to society's expectations. The quality of this response s the forces mobilised to raise me socially.

⇨ Ministry of Social Contribution, Order and National Merit.

House 11: Solidarity

This house expresses the idea of a group into which we try to blend. Traditionally, the eleventh house encompasses projects, wishes, support, clubs and relationships. The quality of my friendships reflects the forces I deploy to feel solidarity.

The 11th House is often associated with commitment to humanitarian causes and altruism. It represents our desire to help others and contribute to a better world, whether through volunteering, supporting charities or participating in social movements.

⇨ Ministry of National Solidarity

House 12: Participation

In this house, we address the collective level of all experience. This entails the need to work according to the expectations of our community and to sacrifice something of ourselves. My immersion in my community reflects the forces employed to align myself with collective currents.

⇨ Ministry of Humanitarian Affairs

Important notes about the 12th house

Traditionally, the twelfth house is seen as a place of trials, exile, isolation or obstacles to be overcome. Some contemporary astrologers also see it as a house of *letting go*, where the individual is invited to connect with a collective dimension, which sometimes involves the symbolic sacrifice of a part of themselves.

A house connected to the collective unconscious

Systems, symbols, codes, norms, and ways of thinking, feeling, or acting are constructed collectively—just like the zodiac itself, which is the result of a long process of shared symbolisation. These structures are often integrated unconsciously, without us questioning them. The twelfth house confronts us with this layer of collective experience, this memory that is vaster than our individual consciousness.

Solitude as a path to reconnection

When we experience a sense of isolation or exile, it can reveal a disconnect between our perception of ourselves

and the larger reality to which we belong. Loneliness, when rejected or poorly experienced, becomes suffering; but when consciously embraced, it can become a source of receptivity, inspiration, creativity and healing. It is often in solitude that the most profound works are born. It gives us access to an inner space of freedom, beyond our usual identifications.

However, this contact with a silent background — this impersonal, infinite consciousness — can destabilise the ego. If we are not ready to surrender to it, we may feel isolated, confused or even oppressed. Our reflex is to seek distraction in action, entertainment or hyperstimulation. Yet it is precisely this impulse that we need to observe, and perhaps suspend, in order to dive into a broader dimension of being.

Simple practices—listening to music, walking mindfully, meditating, writing, dancing, relaxing—can help us enter this state of openness.
The 'ghosts' of the twelfth house

The twelfth house is often associated with what are known as "ghosts of the past": unresolved memories, traumas, buried beliefs, inherited behaviours or invisible conditioning. These elements, buried in the unconscious, influence our current attitudes without us always being aware of them.

From the perspective of mindfulness astrology, these ghosts also reflect our resistance to collective currents of dissolution, letting go or merging with a reality greater

than the self. Consciously or unconsciously rejecting these currents can lead to inner isolation, a form of symbolic exile. But when we agree to immerse ourselves in this broader consciousness , these repressed contents can emerge, be recognised, worked through and pacified.

Meditation, therapeutic work or any process of introspection can accompany this encounter with the shadow zones. It is not a question of "erasing" them, but of *including* them in a movement of transformation.

A house of integration and transmutation

The twelfth house invites us to recognise the parts of ourselves that have been rejected, ignored or denied — whether they be fears, desires or personality traits. By encountering these repressed areas with openness, we promote profound inner evolution.

This is not about measurable progress, but about a *more intimate alignment* with oneself, a form of peace with what has been. The 12th house can thus become a place of healing, reintegration and inner unity. It is often in this house that one of the most powerful processes of psychic and spiritual transmutation takes place.

The planets in the houses : our strengths for success in our chosen fields :

You are invited to mobilise the energy symbolised by a planet to evolve in the area of life represented by the house it occupies. For example, if Venus is in the 10th house,

your interpersonal skills, your sense of harmony or beauty can be assets in your professional fulfilment. If Mars is in the sixth house, your daily work can become a constructive space for channelling your energy, asserting your position or developing your efficiency. In this case, it is often more fruitful to adopt a proactive attitude rather than suffering situations or remaining on the defensive.

The interpretation gains depth when the sign in which the planet is located is taken into account. The sign indicates how the force or tendency symbolised by the planet will manifest itself: it describes the tone, style and quality with which this force will express itself.

An even more accurate reading can be obtained by incorporating the aspects that the planet receives. An aspect represents an interaction between two planets and reveals how two psychic forces dialogue, complement or confront each other within us.

This will be the subject of the next lessons: studying the meaning of each planet in sign and house, and understanding how an inner force (represented by the planet in its house), depending on its connections with others, can be supported, amplified, slowed down or put under tension.

In the meantime, here is a suggestion for practice:

To deepen your understanding of astrological interpretation, we invite you to study several astrological charts and observe, for example, how the planet Mars,

when in the same house, expresses different nuances depending on the sign it is passing through.

For example, examine Mars in the 6th house (the house of daily work, service, and health) in different people. Compare Mars in Taurus, Leo, Aquarius, or Scorpio. Ask yourself:

- How do they act in the world of work?
- How do they express their combativeness, motivation, and ability to cope with effort or adversity?

These differences will help you to feel concretely how the sign modulates the planet, and to no longer consider Mars in an abstract or fixed way. You will see that the same force (Mars) can manifest itself with very different tones, rhythms and strategies of action, depending on the sign.

This exploration through direct observation of real charts (your own, those of your loved ones, or public figures) allows you to integrate the symbolism in a lively way, in the spirit of mindful astrology, based on inner experience, active curiosity and grounding in reality.

Lesson 5 Aspects in Astrology

The planets are distributed along the zodiac at different distances from each other. These distances are measured in angular separation. Two planets are said to be in a major aspect of mutual tension if the angle between them is close to 0 (for certain planets), 90 or 180 degrees. Two planets are said to be in a major aspect of mutual tension if the angle between them is close to 0 (for certain planets), 60 degrees or 120 degrees. Here is a list of major and minor aspects:

- Conjunction (maximum orb = 10 degrees)
- The semi-sextile (maximum orb = 2 degrees)
- The semi-square (maximum orb = 2 degrees)
- The sextile (maximum orb = 5 degrees)
- The square (maximum orb = 6 degrees)
- The trine (maximum orb = 8 degrees)
- The sesquiquadrate (maximum orb = 2 degrees)
- The quincunx (maximum orb = 2 degrees)
- Opposition (maximum orb = 10 degrees)

Two planets close to each other are said to be in conjunction. Two planets in opposite signs are said to be in opposition. Two planets at 90 degrees are said to be in square. These three aspects (conjunction, opposition and square) are called major aspects of tension.

Aspects reflect the interference between several forces or tendencies within our psyche. A relaxing aspect represents two forces or tendencies that harmonise, merge and coexist easily. A tense aspect ( ) represents two forces (or tendencies) that counteract or oppose each other within the

psyche. This discordance is due to the fact that it is difficult for the ego to see these two forces coexisting together, and it tends (through ignorance, ease or lack of attention) to favour and express one at the expense of the other or one at the expense of the other. By favouring one of the forces, the ego represses or prohibits the other force, and this creates stress, tension or other manifestations that the mind considers negative, such as anxiety, unease, frustration, inhibition, etc. For these negative manifestations to fade and cease, our conscious mind must become aware of the challenges created by this inner tension, and our mind must find other behavioural strategies. When we have an aspect of tension between two planets in our astrological chart, we must pay attention[24] ly to the discordance of the forces symbolised by these planets, integrate them and experience them, without favouring one over the other. To integrate them, we must learn to accept them and recognise them as two distinct forces.

Important note:

We all have the ability to be aware of our actions and thoughts. We all have access to this faculty of being attentive, which some call "attention, consciousness or clear and complete knowledge of what is really happening to us". Attention teaches us to face the present and allows us to see our character as it is without judgement, as if we were discovering it for the first time. Thus, by being attentive, what happens in our psyche will have something

[24] When the planets in the current sky (called transits) pass over the planets in the aspect, the forces at play (symbolised by the planets in the aspect) are more significant.

new and valuable to reveal to us. This attitude of attention should be a constant practice, a source of knowledge and inspiration. With attention, complications and conflicts are reduced. Thanks to the power of mindfulness, our strengths and energies blossom without distortion, without passing through the distorting filter of our ego, without generating conflicting thoughts and without inducing negative effects that could have repercussions later on. Thus, we could say that the power of mindfulness is our sentinel, guaranteeing actions outside the realm of the law of causality.

Another remark:

-To interpret the aspects in an astrological chart, we initially only take into account the major aspects, which are the following: conjunction, sextile, square, trine and opposition.

Please note:

For a more in-depth study of aspects between planets, readers may refer to the additional works by Jérôme Zenastral. The book *Les aspects en astrologie – Tome 1 (Aspects in Astrology – Volume 1)* discusses in detail the aspects of tension between planets, taking into account the zodiac signs occupied by the latter. The book *Les aspects en astrologie – Tome 2* (*spects in Astrology* – Volume 2) is devoted to the interpretation of harmonious aspects, also considered in relation to the signs concerned. These two volumes offer a more nuanced and comprehensive

approach to the dynamics between planets according to their position in the zodiac signs.

Table of forces and tendencies represented by each planet (Reminder)

Planets	Forces, tendencies
Sun	**Vital force**[25] **and achievement**: guiding, willing, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
Moon	**Force of abandonment**[26] : memorise, fertilise, secure, protect, internalise, dream...
Mercury	**Mental strength**[27] **:** understanding, thinking, connecting, reflecting, solving, informing, communicating, translating, diversifying...
Venus	**Power of** attraction[28] : loving, attracting, seducing, charming, embellishing, connecting...

[25] The life force and force of realisation is our inner guide, our conscious pole, our ability to create, our convictions and our decision-making.
[26] This force of surrender to the flow of life responds to our need for security, intimacy, comfort, well-being and tranquillity.
[27] Mental strength responds to our need to speak, write, learn and to the necessity of thinking and communicating.
[28] The force of attraction responds to our need for tenderness and love and the need to seduce in order to provoke an encounter and thus share the best of ourselves.

Mars	[29] 's **virile strength**: conquering, acting, asserting, struggling, fighting, defeating, defending, repelling, countering...
Jupiter	**Moral force of expansion and growth, force of cohesion**[30] **:** amplify, increase, optimise, develop, group, gather, legislate...
Saturn	**Stabilising** force[31] (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, calm, limit, empower, grow, assume, renounce...
Uranus	**Emancipatory force**[32] **:** liberate, emancipate, progress, change, differentiate, break away...
Neptune	**Force of immersion and self-denial**[33] **:** dissolve, abandon, forgive, immerse, meditate, merge...

[29] Virility responds to our urgent need for action and affirmation **and the need** to conquer and defend our living space.
[30] This cohesive force responds to **our need to integrate into society or a group,** to the obligation to conform to the laws and norms that regulate social life or the life of a group. It is also our moral force of expansion and growth that introduces us to a higher dimension of existence.
[31] The stabilising force responds to our need to satisfy our ambitions, to evaluate situations through careful reflection and to learn from them, and to the need to know our limits and take responsibility.
[32] This force of emancipation is capable of breaking any dependence that distracts us from the freedom of our original being. It responds to our urgent need for independence, change and progress.
[33] It is the force capable of dissolving the psychological barriers that separate us from consciousness, capable of unifying all things, opening us up to the spiritual world, surrendering us to grace,

Pluto	**Force of investigation**[34] **:** eliminate, investigate, question, explore, transform, essentialise, deliver, resurrect...

For each aspect between two planets in your astrological chart, focus your attention on what they represent or symbolise (use the table above and the notes at the end of the page for more detailed information). By paying attention, you allow their respective tendencies to run free, thus preventing them from interfering negatively and generating conflict.

We will describe the meaning of the aspects between two planets. But before we begin, you should know that in order to make a more accurate and refined interpretation of an aspect, you must take into account the sign occupied by the faster of the two planets in that aspect. This requires knowing the meanings of the aspects and the meanings of the planets in signs. To illustrate this recommendation, let's take the aspect between Saturn and Venus as an example. For this example, we will focus on the main symbolism of Venus, namely the emotional plane. When we talk about emotional dependence, emotional relationships based solely on possessiveness or need, this mainly concerns the presence of Venus in a water or earth sign. Added to this description is jealousy when Venus is in Taurus or Scorpio, caution and mistrust when Venus is

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revealing the mystery of existence and allowing us to meditate on the subtleties of this world.

[34] It is the force capable of bringing to light our frustrations, past mistakes, psychological wounds, repressed secrets, our resistance and all issues of power and control in our lives.

in Virgo or Capricorn, and fear of missing out and giving oneself freely when Venus is in Taurus or Capricorn.

Venus in Pisces under the influence of Saturn is unable to form bonds with their community or is afraid of being excluded or distancing themselves from it. With Venus in Virgo, their reserve and shyness isolate them from others and they are emotionally obsessed with not being perfect. Cold behaviour mainly concerns Venus in Capricorn.

People with Venus in a fire or air sign in aspect to Saturn do not take the time they need and do not allow themselves enough distance before falling in love. They do not make the necessary effort to step back and calmly examine the depth of their feelings. They attract attention with their egocentric behaviour and their generosity is excessive. More specifically, Venus in Sagittarius, with an aspect from Saturn, is overly concerned with the well-being of others.

Venus in an air sign under the influence of Saturn has an overly intellectual or superficial view of love. Venus in Gemini has difficulty talking about her feelings, while in Libra she is focused on her physical appearance and afraid of loneliness. Venus in Aquarius is afraid of being vulnerable if it gives its affection too freely. It has such an idealised view of love that nothing ever materialises.

Reading: ***Aspects in Astrology, Volumes 1 and 2*** *by Jérôme Zenastral*

These books have two aims:

- to offer a clear and structured interpretation of the main planetary aspects of tension (aspects of relaxation are interpreted in the book "Aspects in Astrology Volume 2" by Jérôme Zenastral)

- to suggest ways of transforming each aspect of tension, which I call psychosolutions. These suggestions are not ready-made recipes, but invitations to pay renewed attention to oneself.

  Zenastral has taken care to incorporate, for each aspect, the nuances provided by the astrological signs occupied by the planets concerned. This is because a square between Mars and Venus is not experienced in the same way in Taurus as in Aquarius.

Lesson 6 Planetary transits in astrology

As we have seen previously, our psyche is a reflection of our birth chart. This original psyche, which appears at the moment of our birth, remains the same throughout our lives. But there are periods when this psyche, while retaining its basic structure, manifests itself differently. These climates or psychic variations correlate with the planets in the sky during these periods. These planets overlap each birth chart. They are called "planetary transits".

As we live through the experiences signified by the houses occupied by the planets in the sky at the time of our birth, we also experience, for a given period, the experiences signified by the houses occupied by the planets in the sky during that period. We must take into account the interactions or aspects between the planets in the natal chart and the planets in the sky during the forecast period, which, as we have seen previously, are called "transits". Remember that a tense aspect represents two forces (or tendencies) that counteract each other. This discordance is due to the fact that it is difficult for us to bring these two forces together, and we tend (through ignorance, laziness or lack of attention) to favour and express one at the expense of the other or one at the wrong time for the other. By favouring one of the forces, we repress the other, and this creates stress, tension or other manifestations that we consider negative, such as anxiety, unease, frustration, inhibition, etc. In order for their negative manifestations to fade and cease to exist, we must face the challenges encountered and generated by this inner tension and then

develop other ways of behaving. Let us pay attention to this contradiction, integrate these two forces and live with them, without favouring one over the other. To integrate them, let us learn to accept and recognise them as two distinct forces.

Transits are our temporary force fields. The events we encounter are barometers that tell us whether we are in tune with our original and temporary force fields. Transits tell us when we need to focus our attention more precisely in order to be present with what is emerging within us. By doing so, we avoid obscuring it with distracting thoughts. Transits serve to predict and interpret this succession of present moments. Planetary transits are therefore a valuable aid in understanding the movements of our psyche in the moment.

Notes:

-The meaning of a transit of a planet P1 on a planet P2 in your astrological chart is identical to the meaning of the aspect Planet P1-Planet P2. For example, the meaning of the transit of Mars on your Sun is identical to that of the aspect Mars-Sun.

-To interpret transits in a birth chart, only dominant transits are taken into account, i.e. ly transits of semi-slow and slow planets in major tense aspects with the transited planet, i.e. transits of Mars, Saturn, Uranus, Neptune and

Pluto in square, opposition or conjunction[35] with a planet in the birth chart.

Tip:

-To fully understand the meaning of planetary transits, we recommend observing those that affect your astrological chart, starting with the transits of the moon, then those of the sun, and finally those of Pluto, the planet furthest from our solar system.

Note:

We would like to digress briefly on the subject of planetary transits. The planets in the sky at a given moment reflect a temporal structure that overlaps all birth charts around the world. This temporal structure is therefore a common component that reflects a meaning common to all human beings. Each person will respond differently to this common constellation according to their basic structure. This common component explains global events and crises. Any global or social crisis is therefore a projection of who we are.

[35] Except for the planet Jupiter. The conjunction of Jupiter transiting a planet in the birth chart should be considered a relaxing aspect.

Table of forces and trends represented by each planet (Reminder)

Planets	Forces, tendencies
Sun	**Life force**[36] **, and realisation**: guiding, willing, awakening, expressing, creating, regenerating, radiating, shining, magnifying, sublimating, exposing, centring, glorifying, directing...
Moon	[37] : memorise, nurture, protect, internalise, dream...
Mercury	**Mental strength**[38] **:** understanding, thinking, connecting, reflecting, solving, informing, communicating, translating, diversifying...
Venus	[39] 's **power of attraction**: loving, attracting, seducing, charming, embellishing, connecting...

[36] The life force and force of realisation is our inner guide, our conscious pole, our ability to create, our convictions and our decision-making.
[37] This force of surrender to the flow of life responds to our need for security, intimacy, comfort, well-being and tranquillity.
[38] Mental strength responds to our need to speak, write, learn and to the necessity of thinking and communicating.
[39] The force of attraction responds to our need for tenderness and love and the need to seduce in order to provoke an encounter and thus share the best of ourselves.

Mars	**Virile** strength[40] : conquering, acting, asserting, fighting, battling, defeating, defending, repelling, countering...
Jupiter	**Moral force of expansion and growth, force of cohesion**[41] **:** amplify, increase, optimise, develop, group, gather, legislate...
Saturn	**Stabilising** force[42] (maturity, stability, wisdom, renunciation...): stabilise, perpetuate, calm, limit, empower, grow, assume, renounce...
Uranus	**Emancipatory force**[43] **:** liberate, emancipate, progress, change, differentiate, break away...
Neptune	**Force of immersion and self-denial**[44] **:** dissolve, abandon, forgive, immerse, meditate, merge...

[40] Virility responds to our urgent need for action and affirmation **and the need** to conquer and defend our living space.

[41] This cohesive force responds to **our need to integrate into society or a group,** to the obligation to conform to the laws and norms that regulate social life or the life of a group. It is also our moral force of expansion and growth that introduces us to a higher dimension of existence.

[42] The stabilising force responds to our need to satisfy our ambitions, to evaluate situations through careful reflection and to learn from them, and to the need to know our limits and take responsibility.

[43] This force of emancipation is capable of breaking any dependence that distracts us from the freedom of our original being. It responds to our urgent need for independence, change and progress.

[44] It is the force capable of dissolving the psychological boundaries that separate us from consciousness, capable of unifying all things, opening us up to the spiritual world, surrendering us to grace,

Pluto	**Investigative force**[45] **:** eliminate, investigate, question, explore, transform, essentialise, deliver, resurrect...

Reminder: The meaning of a transit of a P1 planet on a P2 planet in an astrological chart is identical to the meaning of the aspect Planet P1-Planet P2. For example, the meaning of Mars transiting the Sun is identical to that of the Mars-Sun aspect.

To obtain the meaning of a transit, use the book ***Aspects in Astrology*** by Jérôme Zenastral.

revealing the mystery of existence and allowing us to meditate on the subtleties of this world.

[45] It is the force capable of bringing to light our frustrations, past mistakes, psychological wounds, repressed secrets, our resistance and all the issues of power and control in our lives.

Lesson 7 Astrological interpretation tool sheets

Summary of sign + house + tension aspect

Step 1 — Interpretation of planet in sign + house

Start by combining the meanings of the planet in its sign and in its house (or draw inspiration from the interpretations offered in Jérôme Zenastral's books, which explore all the planet-sign-house combinations).

Example: *Mars in Libra in the 10th house = Diplomatic action in the social or professional sphere; self-assertion through the search for balance and public recognition.*

Ask the question: In what area (house) and with what energy (sign) is this planet seeking to express itself?

Step 2 — Introduction of aspects: tensions or supports

Add the effects of the aspect received by the planet (drawing inspiration, if necessary, from the interpretations offered in Jérôme Zenastral's books, which cover all types of aspects).

Distinguish between:

- Tension aspects (square, opposition, conflictual conjunction, etc.): these represent obstacles, inner conflicts or challenges to be overcome.
- Harmonious aspects (trine, sextile, fluid conjunction, etc.): these represent facilities, talents or inner support.

Example: *Mars square Saturn = tension between the urge to act and the restraint of fear, doubt or duty.*

Step 3 — Educational integration formula

Use a formulation such as:

"What the planet + sign + house position allows, but only if the requirement of the aspect is recognised and integrated."

Structure:

Your potential is... (summary of planet in sign + house)

⚠️ *But this momentum can only be realised if...* (add the challenges associated with the aspect)

Thus, the aspect becomes a path to integration that pushes you to... (benefit of the aspect, once integrated)

Example: Mars in Libra in the 10th house square Saturn

Your potential is to act with elegance and strategy in your professional life, to reconcile assertiveness with the quest for social recognition.

⚠️ *But this momentum can only be realised if you learn to overcome your fear of failure and any inhibitions related to authority or external pressure.*

The Saturn aspect pushes you to build your inner authority and to act with patience, perseverance and a sense of responsibility.

Tip

Before writing your summary, meditate on this question:

"What is preventing this planet from expressing its full potential, and what is liberating it?"

Summary of sign + house + aspect of relaxation

Step 1 — Interpretation of planet in sign + house

Start by combining the meanings of the planet in the corresponding sign and house (or draw inspiration from the interpretations offered in Jérôme Zenastral's books, which explore all planet-sign-house combinations).

Example: *Venus in Pisces in the 4th house = Need for a fusional, romantic and unconditional love, linked to the intimate or family sphere.*

Ask the question: In which area (house) and with what energy (sign) is this planet seeking to express itself?

Step 2 — Introduction of the harmonious aspect

Then add the effects of the fluid aspect received by this planet (drawing inspiration, if necessary, from the interpretations offered in Jérôme Zenastral's books, which cover all types of aspects).

Relaxing aspects (trine, sextile, fluid conjunction) are facilitators:

- They represent natural qualities,
- Available inner resources,
- Spontaneous inner coherence,
- Ease or fluidity of expression.

Example: *Venus trine Moon = harmony between emotional needs and the capacity to love; affectionate, tender and inspiring sensitivity.*

Step 3 — Educational integration formula

Use a formulation such as:

"What the planet + sign + house position allows, and what the harmonious aspect supports or amplifies."
Structure:

Your potential is... (summary of planet in sign + house)

This momentum is supported by... (effect of the harmonious aspect)

The aspect reveals an ease with... (natural ability or gift to be cultivated consciously)

Example: Venus in Pisces in the 4th house trine Moon in Cancer

Your potential is to create a tender and enveloping emotional universe, where love is experienced as a silent and benevolent presence at the heart of the home.

This momentum is supported by a deep resonance between your emotional sensitivity and your way of loving.

The Venus–Moon aspect indicates a natural ability to nurture sincere relationships, offer comfort, and create spaces of emotional security.

Tip

Before concluding your interpretation, ask yourself:

"What is fluid, obvious or natural here? And how can this ease be used to further your path of awareness?"

Reading: ***Aspects in Astrology*** by Jérôme Zenastral

Lesson 8 The Sun in sign, house and aspect

The Sun completes its annual revolution in just over 365 days, advancing one degree per day and passing through each sign of the zodiac in one month. This regular movement makes the Sun a fundamental reference point in the natal chart. The sign it occupied on the day you were born is commonly referred to as your "sun sign", although it does not alone sum up the richness of a birth chart.

In astrology, the Sun symbolises much more than just a psychological type. It is the centre around which everything revolves: our will, our identity, our self-assertion, our ability to choose, to create, to decide. It illuminates the axis of our inner life, not as an external light, but as a focus of personal consciousness. Being centred on your Sun means being in touch with the vital force that gives meaning to your actions.

The Sun is not only a principle of inner unity; in its position in each house, it is also a clear indicator of the main direction of our destiny. It shows the field of experience where our radiance is called upon to manifest itself, the symbolic, creativ al space in which our presence in the world becomes creative. This is where our energy, our need to understand, to act, to love and to fulfil

ourselves is most intensely expressed. Depending on the house in which it is located, this may be the professional, family, social or spiritual sphere. Each position in a house represents a challenge to be met, an essential experience to be integrated, a living axis of transformation.

Through the 144 combinations formed by the Sun in the 12 signs and the 12 houses, Jérôme Zenastral's book *Le Soleil en Astrologie* (The Sun in Astrology) offers a detailed exploration of this living centre that is the inner Sun. You will find clues to better understand how your life force expresses itself, how it harmonises or conflicts with your environment, and how it guides you towards a more coherent, freer and truer self-realisation.

But the interpretation of the Sun does not stop at its position in a sign and house. It weaves links with other planets through the aspects it forms in the chart. These aspects constitute a living dynamic between different poles of your being. A conjunction of the Sun with Saturn, a square with the Moon, a trine with Jupiter: these are all different tones that modulate the expression of your will and the direction of your destiny. These aspects do not define limits, but interactions: they speak of inner tensions, creative impulses, forces to be reconciled, challenges to be embraced.

The approach I offer, as in all my previous works, is based on synchronicity. The sky does not dictate anything. It does not command or influence. It reflects, resonates and accompanies. The astrological chart is a symbolic mirror of our psyche at the precise moment of our arrival in the

world. It is an inner photograph, a language of correspondences that speaks to those who know how to listen. In this context, the Sun is not an external object, but a living image of our psychic centre of gravity, our inner guide, our conscious pole, our power of decision.

Exercise: Understanding an interpretation of the Sun in a sign and house and in aspect by analogy

In your course, you have access to the book ***The Sun in Astrology*** by Jérôme Zenastral. This book presents the 144 possible combinations of the Sun in a sign and in a house, in the form of sensitive, psychological and symbolic interpretations.

But how do we arrive at such an interpretation?

It is not a matter of mathematical deductions or fixed knowledge, but rather a method of analogy: we connect symbols to each other to bring out a living understanding of the inner dynamics represented by a planetary position.

▶ Let's take an example: Sun in Cancer in the 7th house

Here is an excerpt from the interpretation offered in the book:

"With the Sun in Cancer in the 7th house, your path to fulfilment inevitably involves meeting others. You are driven by a deep need to form a secure, enveloping, almost maternal bond. For you, relationships are not simply a

place for exchange or contracts; they are an inner home, a place of shared intimacy where everyone can lay down their sensitivity, their wounds and their impulses without fear of being judged..."

How does the author construct this meaning?

- The Sun symbolises willpower, decision-making and personal charisma.
- Cancer is a water sign, feminine, receptive, protective, associated with family, sensitivity and the need for emotional security.
- The 7th House is the sphere of relationships with others, partnership, the couple, the mirror that others offer us to better understand ourselves.

It is by linking these three dimensions that the overall meaning emerges: here, self-realisation (Sun) comes through an intimate, protective, sensitive relationship (Cancer) within the framework of a partnership or committed union (House 7).

The author also mentions possible tensions: for example, the Sun, a masculine symbol of affirmation, may feel uncomfortable in a feminine and emotional water sign. The Cancer- may find it difficult to open up to the otherness of the 7th house without withdrawing or losing themselves in a fusional relationship.

Let's incorporate an aspect of tension from Saturn into an interpretation of the Sun in Cancer in the 7th house

In the previous exercise, you learned how to interpret a Sun sign + house combination.

You saw, for example, that the Sun in Cancer in the 7th house evokes a quest for fulfilment through a deep and secure relationship, but also challenges related to sensitivity, emotional expectations, or the balance between oneself and others.

Adding a tense aspect of Saturn to this Sun

You will now add another layer of interpretation by incorporating a tense aspect from Saturn to this Sun. To do this, you can refer to the following interpretation in the book:

"This configuration may indicate tension between your desire to be pampered, to express your emotions freely and to find refuge in your family cocoon (Cancer), and the sometimes harsh realities of life that require maturity, patience and endurance (Saturn). [...] Nevertheless, this aspect pushes you to build solid foundations and develop emotional resilience..."

How can this aspect be integrated into the overall interpretation of the Sun in Cancer in the 7th house under the tension aspect of Saturn?

When interpreting the position of the Sun in a sign and house, start by identifying the potential for fulfilment that it suggests. This position reveals a natural direction for fulfilment, a dynamic that is essential for building the self.

But if a tense aspect (square, opposition, dissonant conjunction) is involved, don't cancel out this potential: use a **"but"** to introduce the conditions set by the aspect.

In this way, you show that the path remains valid, provided that the requirements and challenges revealed by the aspect are integrated.

This transforms the interpretation from a simple description into an evolving proposition: what was spontaneous becomes a conscious task, a work of maturity.

Example:

🌞 *Sun in Cancer in the 7th house*

Your personal fulfilment comes through a deep emotional relationship, experienced as an intimate refuge where sensitivity can be expressed without fear.

⚠️ *But if Saturn is in tension with this Sun*:

This need for relationships can only flourish if you develop inner strength by integrating Saturn's demands: responsibility, limits, lucidity. You are invited to differentiate your present impulses from old emotional wounds and to build emotional autonomy.

Lesson 9 The ascendant, in sign and aspect

The Ascendant is not a planet. It is the point of the zodiac that rises on the eastern horizon at the moment of birth. All theoretical explanations of the Ascendant remain fairly abstract and difficult to apply when interpreting a chart. The Ascendant corresponds to a subtle expression of self. Interpreting and grasping its essence is complex.

We believe that the Ascendant is our "I", our identity, our presence as perceived by others, our space of freedom, our territory. While the Sun essentially indicates what we are capable of achieving, at the Ascendant we mobilise enough energy to freely express our emerging identity in the face of social or community limitations and obligations. The ascendant and the first house are the place where we are born to ourselves.

At the ascendant, we therefore experience the "who am I?" question. The "who am I?" question manifests itself within our psyche according to the energy of the sign occupied by the ascendant. This manifestation is that of consciousness. By manifesting itself, consciousness experiences the "I am".

Reminder:

Progression method for each course

This training is intended for independent, curious individuals who are ready to learn on their own, without any d homework, or mandatory exercises or intermediate

assessments. The path proposed here is experiential: it is less about "learning" than about observing, feeling, connecting, and practising.

Here are a few guidelines to help you progress:

No rote learning

No content needs to be memorised mechanically. It is not about acquiring encyclopaedic knowledge, but about allowing a living understanding of each symbol to mature within you. The lessons and associated readings are **tools for awakening**, not fixed knowledge. Let them sink in.

Support available by email

Even though the learning process is self-directed, you can contact me by email via the zenastral.fr website if you would like further explanation, clarification or a more in-depth discussion at any point during the course.

Reading: ***The Ascendant in Astrology*** by Jérôme Zenastral

This book is designed to offer an accessible approach to planetary aspects to the Ascendant, aimed at anyone who wishes to deepen their self-knowledge. The Ascendant represents our spontaneous identity, the way we present ourselves to the world and assert ourselves in the experience of existence. It is the starting point of our individual consciousness, the space where we manifest our being in the face of life's demands. The planets in aspect

to the Ascendant modulate this expression, introducing dynamics that can be fluid and harmonious or, on the contrary, marked by inner tensions and challenges.

A planetary aspect reflects the interaction between several forces or tendencies within our psyche. A harmonious aspect indicates a natural coexistence of these energies, facilitating their expression and integration. A tense aspect, on the other hand, signals a difficulty in bringing these tendencies together, creating an inner conflict that can manifest as stress, anxiety or inhibition. This conflict does not come from the planets themselves, but from the ego's difficulty in accepting and harmonising these energies within itself.

Rather than suffering these tensions, our path of evolution involves recognising and integrating these forces. It is not a question of favouring one over the other, or of opposing them, but of perceiving them as two facets of the same inner reality. By learning to accept them and live with them consciously, we give ourselves the opportunity to transcend internal conflicts and evolve towards a freer and more authentic expression of our being.

This book offers an exploration of the ten planets in aspect to the Ascendant in each of the twelve signs, making a total of 120 distinct combinations. Each interpretation aims to shed light on the dynamics at work and offer keys to understanding how to integrate these forces with greater awareness and flu . Far from being inevitable, aspects are opportunities for awakening, reflections of our potential and invitations to get to know ourselves better.

Lesson 10 The ascendant ruler

Reminder:

The Ascendant is not a planet. It is the point of the zodiac that rises on the eastern horizon at the moment of birth. All theoretical explanations of the Ascendant remain fairly abstract and difficult to apply when interpreting a chart. The Ascendant corresponds to a subtle expression of the self. Interpreting and grasping its essence is complex.

We believe that the Ascendant is our "I", our identity, our presence as perceived by others, our space of freedom, our territory. While the Sun essentially indicates what we are capable of achieving, at the Ascendant we mobilise enough energy to freely express our emerging identity in the face of social or community limitations and obligations. The ascendant and the first house are the place where we are born to ourselves.

In the ascendant, we therefore experience the "who am I?" The "who am I?" manifests itself within our psyche according to the energy of the sign occupied by the ascendant. This manifestation is that of consciousness. By manifesting itself, consciousness experiences the "I am".

The Ascendant Ruler[46]

The life experiences of the house occupied by the Ascendant's ruler are those in which we become most aware of who we are. The more we are in tune with these experiences and the more we take up the challenges of this area of life, the freer we feel. The question "who am I" that arises in the ascendant then takes on its full meaning and finds answers in the sphere of existence (the house) where the ascendant ruler is located. The more I experience the house of the ascendant ruler, the more I will know myself.

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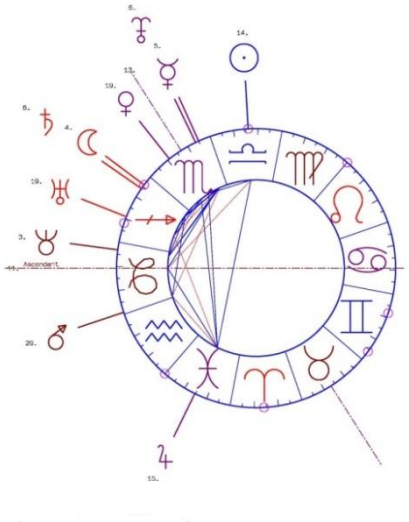
[46] The ascendant marks the beginning of the 1st house. Each planet rules a sign. The planet that rules the ascendant sign is called the "ruling planet of the ascendant":

The Sun rules the sign of Leo
The Moon rules the sign of Cancer
Mercury rules the sign of Gemini
Venus rules the sign of Libra
Mars rules the sign of Aries
Ceres rules the sign of Virgo
Jupiter rules the sign of Sagittarius
Saturn rules the sign of Capricorn
Uranus rules the sign of Aquarius
Neptune rules the sign of Pisces
Pluto rules the sign of Scorpio

Let's take the following astrological chart as an example of how to interpret an ascendant ruler:



The ascendant is in the sign of Capricorn. Saturn, the ascendant ruler, is in the sign of Sagittarius in the 11th house. Friendship and projects, symbolised by this house, are the experiences or challenges where the person becomes most aware of who they are. The question "who am I" that arises and is born in the Capricorn ascendant, in a climate of solitude and asceticism, takes on its full meaning and finds answers in the house where the ascendant ruler is located, i.e. the 11th house. The more this person experiences the 11th house, the more they know themselves. This person learns something about themselves based on the moral quality and level of trust of their participation in the group or circle of friends to which they belong (Saturn in Sagittarius in the 11th house). They find answers by examining in depth the role they play in

the human community and their ability to help their friends. After this examination, they may find that some friendships do not correspond to their personal ascetic development, their expectations, their human ideals or their way of seeing things.

Comments:

-The area of influence (the house) occupied by the Sun is just as important as the area of influence occupied by the ascendant ruler.

-Any planet close to the ascendant ruler indicates that the conjunction aspect between these two planets becomes a priority and the most notable among all the other aspects of the astrological chart being studied. This aspect reflects the primary concerns of the person concerned. This is the case for the astrological chart above, taken as an example:

In this example, the 11th house is dominant because it is occupied not only by Saturn, the ascendant ruler, but also by the Moon, which is very close to Saturn. The "Who am I?" conveyed by the ascendant ruler Saturn finds answers as the ascendant ruler, but also answers through lunar symbolism: the soul, the mother, childhood, women, the need for security, the need for protection, dreams, vegetative life, the imagination, etc. Every relationship with a woman (mother, sister, friend, etc.) that makes her more confident and enthusiastic, every day spent with her in a festive atmosphere, teaches her something about herself, about her identity. This process of identification, necessary for her personal development, will cease when

she discovers, in this quest for identity, her own anima, her soul, the child within her.

Her soul is confident and exalted (Moon in Sagittarius). Her Capricorn ascendant represents her responsible, mature, austere, consistent and ascetic identity. This part of her identity, reason (Saturn), has the challenge of undergoing an alchemical marriage with another part of her identity, her soul (the Moon in Sagittarius), which is lyrically candid, enthusiastic and exalted. To prevent interference between these two tendencies, certainty and pragmatism (Saturn) must not repress imagination (Moon), which travels "beyond the mountains", nor inhibit fantasy. Conversely, too strong an identification with lunar principles must not distract this person from their mission of identity quest, which is to build and mature themselves.

In summary:

1. The house occupied by the Ascendant ruler indicates an area of life where the person experiences who they are directly. The more they get involved in this area, the more they learn about themselves and the more free and aligned with themselves they feel.

   Exercise: *identify this house in your chart and observe how experiences in this area of your life have helped you to understand yourself better.*
2. The question "Who am I?", which is specific to the Ascendant, finds some answers in this house: this is where identity can be revealed through action, challenges or situations experienced.

3. The sign in which the Ascendant ruler is located provides clues about the qualities to develop in order to meet these experiences. By using the resources of this sign, the person refines their understanding of themselves.

   Exercise: *write down the main qualities of this sign (based on the course or readings) and see how they can help you in the house concerned.*

4. If there is a planet conjunct the Ascendant ruler, another facet of identity comes into play:

- This planet provides a second channel of expression for the question "Who am I?"
- Any experience related to this planet contributes to the identification process.
- This process deepens until the person fully integrates the symbolic values of this planet.

   Exercise: *identify the planet that may be conjunct your Ascendant ruler. What are its qualities? How does it resonate with your sense of identity?*

5. The identity challenge is to unite the two poles: the identity carried by the Ascendant ruler and the identity conveyed by the conjunct planet. For true integration to occur, neither facet should dominate or repress the other. It is about uniting these two parts in a living, conscious balance.

Read again: *Lesson 4 The "houses" or fields of experience*, *Lesson 1 The signs of the zodiac or energy fields* and *The Ascendant in Astrology* by Jérôme Zenastral

Lesson 11 Sun-Ascendant Dialectic

While the Sun[47] essentially indicates what we are capable of achieving, at the ascendant[48] we mobilise enough energy to freely express this emerging "I" in the face of social or community limitations and obligations.

When the Sun sign is opposite, square, quincunx or adjacent to the Ascendant sign, the experiences through which we discover the extent of our territory, our playing field (the Ascendant), are at odds with those encountered on the path of our destiny (the Sun). Our identity (the ascendant) and our destiny (the sun) are in conflict. The path we follow, what we achieve, satisfies our ambitions but does not correspond to who we are.

Conversely, when the sun sign is in trine, sextile or conjunction with the ascendant sign, there is a coincidence

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[47]Our life force (symbolised by the Sun) centres our personality within itself, then illuminates the ideal we have of ourselves. A centred person radiates their life force, makes decisions, asserts their convictions, follows the path laid out for them, and thus fulfils their life.

[48]The ascendant is our "I", our presence as perceived by others, our space of freedom, our territory. The ascendant and the first house are the place where we are born to ourselves.

between the way we discover our own space (the ascendant) and the unfolding of our destiny (the sun). In this context, who I am (the ascendant) and what I achieve (the sun) coexist in peace. Our journey is then more than satisfying: it faithfully reflects our true identity.

Let's take the example , with a Sun in Libra and an Ascendant in Capricorn :

The Ascendant in Capricorn represents the search for identity and symbolises a person who builds themselves up with patience and time. They may feel particularly fulfilled by taking the time to focus on their identity and take on difficult tasks that test their endurance and perseverance. They find themselves in silence, detachment and voluntary solitude, which allows them to understand who they truly are.

On the other hand, the Sun in Libra represents their ambitions and aspirations, pushing them towards a rich and harmonious social life. They have an innate desire to avoid confrontation and are willing to make concessions to maintain balance and harmony in their relationships.

These two tendencies create tension between the need to spend time alone to build her inner temple and the allocentric desire to be part of a harmonious social network.

The key to reconciling these two aspects of her personality is to find a balance. It is important to honour both her need for solitude and inner growth, as well as her desire for

social harmony and balanced relationships. She can seek to achieve this by incorporating moments of solitude and reflection into her life, while striving to maintain harmonious relationships with others.

Read again: *Lesson 8 The Sun in signs, houses and aspects, Lesson 9 The ascendant, who am I?*

Reading: ***Ascendant ←→ Sun: 144 dialogues*** by Jérôme Zenastral

Discover the complex dynamics between the Ascendant and the Sun in this book. Thanks to these 144 possible combinations between these two key elements of an astrological chart, anyone can deepen their understanding of themselves and their life path.

This book offers a detailed exploration of how the Ascendant and the Sun can conflict or harmonise, and how this interaction manifests itself in our lives.

For a more in-depth reading, for each combination, this book also analyses the position of the Sun in the houses, offering a holistic and comprehensive view of our identity and destiny.

Lesson 12 The Moon in sign, house and aspect

The Moon symbolises our ability to surrender to the flow of life. It responds to our need for security, intimacy, comfort, well-being and tranquillity. It reveals how we feel, interpret and react to the world. Representing the passive force of our soul, it memorises what we have seen, heard and touched. This memory plays an essential role in integrating our experiences, emotions and memories, thus creating continuity in our perception of the world. Like an invisible thread, it connects the different moments of our existence. As a passive force, it promotes constant openness to learning through feeling. Through its memorial nature, it helps us adapt and forge a deep connection with the world and with ourselves, while bearing witness to the cyclical nature of life.[49]

While our masculine strength and our life force enable us to move towards a specific goal, our strength of surrender opens us up to what is. These two forces, one of affirmation (masculinity, virility, power) and the other of surrender (femininity, receptivity, sensitivity), coexist in the psyche of both women and men.

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[49] Emotional memory is a fundamental tool for survival. By recording our sensory and emotional experiences, it allows us to anticipate and react to similar situations in the future. For example, feeling fear in the face of danger helps us to avoid it in the future. What we remember — what we see, hear and feel — forms the basis on which we build our perception of the world and ourselves. These emotional memories influence our choices and shape our relationship with our environment.

The Moon in a sign indicates how we open ourselves to the world. This openness to life manifests itself in very different ways from one person to another:

For example, a Moon in Aries reacts in the moment and surrenders fervently and spontaneously to the flow of life, while a Moon in Capricorn approaches situations with restraint, thinking before acting and maintaining an impassive appearance in the face of events. This dynamic of instinctive surrender of the Moon in Aries is characteristic of the fire signs (Aries, Leo, Sagittarius), which react with confidence and enthusiasm to circumstances. Conversely, in an earth sign (Taurus, Virgo, Capricorn), reactions are slower, more measured and discerning, as is the case with the Moon in Virgo. Air signs (Gemini, Libra, Aquarius) are distinguished by the fluidity and flexibility of their reactions. They surrender themselves with ease, delicacy and intelligence to the movements of life: for example, the Moon in Libra instinctively seeks to reconcile and preserve harmony around it. On the other hand, water signs (Cancer, Scorpio, Pisces) display more enigmatic, complex and even mysterious reactions. A Moon in Pisces, for example, deeply absorbs its environment, picking up on the doubts and emotional charges around it. Its balance depends on its ability to harmonise with collective currents. The Moon in Cancer and the Moon in Pisces have a romantic and sensiti , while the Moon in Scorpio, more tormented, seeks transformation and resilience through life's trials.

The Moon in a sign sheds light on the beneficial habits we should cultivate to strengthen our confidence in the flow

of life. It reflects our spontaneous, often unconscious reactions to events that influence our moods and states of mind. It also provides valuable insights into our daily lifestyle.

The house where the Moon is located reveals the experiences that awaken our sensitivity and those through which we seek security. To succeed in the area represented by this house, it is essential to develop our imagination and become aware of the habitual patterns that guide our reactions.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***The Moon in Astrology*** by Jérôme Zenastral

In this book, each position of the Moon is explored in detail:

- **The 12 signs** of the zodiac, which colour our sensitivity and spontaneous reactions.
- **The 12 houses**, which reveal the areas of life where our soul seeks to express itself and feel secure.
- **The aspects to other planets**, which refine and nuance the way we experience and feel.

This book offers keys to better understand our lunar nature and live in harmony with it. Each interpretation is accompanied by food for thought and psychosolutions to fully integrate this energy into our daily lives.

Lesson 13 Mercury in sign, house and aspect

In astrology, Mercury symbolises the way we think, communicate and understand the world around us. This planet represents our active mind, the way we analyse, exchange information and construct our understanding of reality. Mercury thus embodies the fundamental link between inner perception and its outer expression, revealing our unique mental style.

Mercury's position in a sign shows the intuitive and characteristic nature of our thinking. For example, someone with Mercury in Gemini will think in a lively, curious and quick way, while Mercury in Virgo indicates a more methodical, precise and critical mind. Each sign colours this mental energy with a specific quality, illustrating how we process ideas, how we learn and how we express our thoughts.

Furthermore, the astrological house where Mercury is located indicates the area of life in which our mental activity is most intense. This may relate to our social relationships, professional ambitions, family life or spiritual aspirations. This location also reveals where we are naturally inclined to exchange ideas, observe and question, and where our analytical and communication skills are exercised.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Mercury in Astrology*** by Jérôme Zenastral

This book invites you to dive into the heart of Mercury in astrology, the planet that symbolises our mind, our way of thinking, communicating and understanding the world around us. Mercury reveals the unique way in which each of us processes information, exchanges ideas and constructs our relationship with reality through language, intellect or intuition.

You will find interpretations of the 144 combinations formed by Mercury in the 12 signs of the zodiac and the 12 astrological houses. Each combination reveals a unique facet of mental functioning, thought dynamics, impulses of curiosity or ways of relating through words and ideas.

Beyond this reading of signs and houses, a third key to interpretation is offered: the aspects that Mercury forms with other planets. These aspects reflect subtle interferences between different psychic energies, enriching or sometimes complicating the way we perceive, reason or communicate. The so-called "harmonious" aspects promote a fluid flow of thought, while the "tense" aspects confront us with resistance or blockages, which become opportunities for growth, integration and deepening.

Lesson 14 Venus in sign, house and aspect

In astrology, Venus symbolises the force of attraction that unites us with others. This attraction works according to a principle of affinity, revealing that the people we are attracted to or with whom we develop bonds often fulfil a need for tenderness and love. Venus thus embodies the desire to seduce and connect emotionally, seeking to express the best of oneself through these interactions.

The position of Venus in a sign shows the intuitive way in which we approach love and seduction. For example, a person born with Venus in Aries would love passionately and spontaneously, while Venus in Taurus would indicate a more sensual and stable approach. Each sign colours this force of attraction with a specific energy, indicating how we seek to please and be loved.

Furthermore, the astrological house in which Venus is located reveals the area of our life where we seek to seduce and flourish emotionally. This can be in personal relationships, work, social circles, or even in the way we approach beauty and pleasures. By understanding this dynamic, we gain a clearer insight into our emotional needs and the areas where we find the greatest emotional and relational fulfilment.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Venus in Astrology*** by Jérôme Zenastral

This book offers an in-depth exploration of the richness of Venus in astrology, a fundamental symbol of our power of seduction and attraction. Venus reveals the unique way in which we love, seduce and seek harmony in our emotional and social relationships.

You will discover the interpretation of the 144 combinations formed by Venus in the 12 signs of the zodiac and the 12 astrological houses. Each combination unfolds a specific nuance, revealing our emotions, desires and ways of interacting with others. Through this work, it becomes possible to better understand our deep emotional needs and modes of expression.

Beyond this dual interpretation of signs and houses, the book also includes an analysis of the aspects that Venus forms with other planets. These aspects reflect dynamic interactions between different psychic forces, adding further complexity to the way we express our charm and our ability to form bonds. Relaxing aspects promote harmony and fluidity, while tense aspects invite awareness, integration and the overcoming of inner conflicts related to love.

Lesson 15 Mars in sign, house and aspect

Our warrior strength[50] , which drives us to conquer our place in the world and defend our interests, is symbolised by the planet Mars.

Mars in a zodiac sign represents how we act, fight and assert ourselves in the face of life's challenges.

Whether we are male or female, Mars in our astrological chart shows us how to channel our aggression in a positive way. It is about discovering the virtues we need to develop in order to assert ourselves with harmony and determination.

Mars in an astrological house reveals the areas of our life where we seek challenges and where we are prepared to invest ourselves fully. These are the aspects of our existence that require us to mobilise our warrior strength and fighting spirit to overcome obstacles and move forward.

Read again: *Lesson 7 Astrological interpretation tool sheet*

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[50] This warrior spirit is present in equal measure in men and women, and it manifests itself through each person's ability to face challenges, assert themselves, and act with determination. The choice of the term "warrior" here is not an exclusive reference to masculinity, but a recognition of the Martian energy that resides in all of us, regardless of gender. By using this term, we aim to rehabilitate a more balanced and inclusive view of strength, which belongs as much to women as it does to men.

Reading: ***Mars in Astrology*** by Jérôme Zenastral

In this book, you will find a detailed analysis of the 144 possible combinations of Mars in signs and houses, enriched by the meaning of the aspects it forms with other planets.

Lesson 16 Ceres in sign, house and aspect

In the vastness of the cosmos, each celestial body stands as a symbol, a reflection of the inner dynamics that animate our being. Among them, Ceres occupies a unique place. Long interpreted through the prism of mythology and Mother Earth, its true essence lies elsewhere. It is the ruler of the sign of Virgo, not because of a seasonal analogy specific to the northern hemisphere, but as a force inherent in the energy of this sign.

Ceres embodies the power of examination, organisation, rectification, correction and purification. She does not merely observe: she sorts, analyses, heals and distinguishes the essential from the superfluous. She is the inner force that drives us to scrutinise our inner workings in order to adjust them to a greater order.

Before we can deal with our fellow human beings, we need to identify our own inconsistencies and limitations. Ceres is the energy that allows us to put things in order before we can achieve balance in our relationships.

She does not influence or dictate, she reveals. Her position in an astrological chart highlights a synchronous principle that exists within us[51] . She is a mirror , reflecting back to

[51] Synchronicity is a concept in analytical psychology developed by Swiss psychiatrist Carl Gustav Jung: the simultaneous occurrence of at least two events that have no causal connection, but whose association makes sense to the person perceiving them. The event cannot be explained by causality.
In the context of astrology, the idea that the astral theme can be in synchronicity with a person's psyche evokes striking parallels with the

us our ability to discern, rectify and purify what needs to be in order to move forward with clarity.

In a sign, Ceres shows us how we manifest this force of purification and care. The house she occupies reveals the field of experience where we need to make improvements, provide care, correct our mistakes and bring order. She represents an alchemical space, reflecting the work of examination and transformation that we carry out on ourselves. Since this house symbolises the place where we generate these experiences, the more we progress internally, the more these experiences, and a part of ourselves, will tend towards balance and harmony.

Thus, understanding Ceres means understanding the necessity of working on ourselves. It means recognising that evolution involves a process of self-evaluation and self-improvement. It also means perceiving the fundamental place of this force in our quest for harmony and fulfilment. This book explores Ceres in all its facets, in signs, houses and aspects, to better understand its essential role in our inner construction and life dynamics.

Read again: *Lesson 7 Astrological interpretation tool sheet*

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quantum phenomenon of "entanglement" (see Jérôme Zenastral's book "Le Thème Astral : Miroir de la Psyché Quantique" on this subject).

Reading: ***Ceres in Astrology*** *by Jérôme Zenastral*

In this book, we will explore in detail the meaning of Ceres according to its position in your astrological chart. We will also analyse its relationships with other planets, revealing how these interactions reflect periods of profound transformation or inner peace.

Lesson 17 Jupiter in sign, house and aspect

Jupiter represents an inner drive towards expansion, but this expansion is not material in the raw sense; it is moral, intellectual, existential. What seeks growth within us is the part that aspires to a more coherent, more encompassing order, to a broader understanding of the world. It is not an egotistical desire to be more, but a natural tendency of consciousness to open up, connect and integrate. It is the movement by which the individual leaves their strictly personal vision to become part of something larger: a group, a culture, a worldview, a meaning. One could say that it is the drive for meaning that pushes us to connect elements and structure them into a more unified, more encompassing vision—where Mercury sorts and analyses, Jupiter brings together and gives coherence.

This need for inner growth therefore comes from a desire for unity and meaning. Human consciousness cannot be satisfied with merely surviving or repeating: it seeks to understand, to connect, to rise above the immediate in order to see further and higher. It is a movement of transcendence, not through a rejection of what is, but through a drive towards what gives meaning to what is.

Saturn, on the other hand, limits. It confronts Jupiter with reality, forcing it to integrate its aspirations into a framework. But without Jupiter, there would be no vision, no horizon, no moral direction. In a way, it embodies the call of the soul' ward that which transcends it, a cohesive force that wants to unite the parts into a coherent, fruitful, and promising whole.

In other words, Jupiter is what within us wants to connect, integrate, optimise and order in a broader sense, where other psychological functions divide, define or protect. This is what drives growth: the inner quest for a greater order, for fuller integration, both personal and social, and sometimes spiritual. It is an evolutionary force, but not in the sense of becoming "better", rather in the sense of becoming part of something larger than oneself, in an orderly, living world governed by laws.

Jupiter, in a chart, does not simply indicate a tendency or disposition: it traces an inner direction, a path of possible growth. Jupiter's position in a sign reveals the qualities to cultivate, the attitudes to strengthen, the types of energy to invest in order to meet this need for expansion and coherence. In other words, the sign occupied by Jupiter shows how this force of expansion can be embodied in an individual's life: which virtues to support, which impulses to nurture, which relationship with the world to encourage so that inner growth can take place in the right direction. Developing the qualities of the sign where Jupiter is located means putting oneself at the service of this drive for meaning, this desire for unity, and more consciously engaging in a dynamic of personal and collective cohesion.

The house in which Jupiter is located indicates the area of life where this growth can manifest itself most naturally, where the impulse for inner expansion seeks to express itself, take shape and find fertile ground. It is an area where we feel the need to broaden our horizons, give meaning to our lives and integrate a dimension that is larger than

ourselves. This place in your life becomes a space for learning, openness, trust and sometimes even luck, as long as you invest yourself in it sincerely. Jupiter's house thus shows where you are invited to evolve, to experience cohesion and meaning, by developing a broader, more generous or more enlightened vision of yourself and the world.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Jupiter in Astrology*** by Jérôme Zenastral

This book is devoted to Jupiter, the principle of expansion, the force of cohesion and the pillar of moral life. Wherever it is found in a natal chart, something in us aspires to grow, to connect, to understand. It is the part of us that seeks to give meaning, to weave links between the individual and the world, between our innermost aspirations and the greater laws that transcend us.

Through the 144 combinations formed by Jupiter in the 12 signs of the zodiac and the 12 astrological houses, I have attempted to capture the diversity of possible expressions of this inner dimension. Each of these configurations reveals a unique way of growing, believing, hoping, and opening up space within oneself to welcome life in all its complexity and depth.

But it seemed essential to me to go further. For Jupiter, in a chart, never exists alone: it is in constant relationship with the other planets. These aspects – conjunctions,

squares, trines, oppositions... – form an invisible but essential fabric. They tell of the tensions, harmonies, challenges and promises we witness. This is why a third key to interpretation is proposed here: that of aspects to Jupiter. These aspects reflect dynamic interactions between different psychic forces, adding further complexity to the way in which this dynamic of growth is expressed. The so-called relaxing aspects promote harmony and fluidity, while the so-called tense aspects invite awareness, integration and the overcoming of inner conflicts linked to our quest for meaning.

Lesson 18 Saturn in sign, house and aspect

Saturn: our stabilising force (maturity, stability, wisdom, renunciation, etc.)

There is a force within us (the force of maturity or stability, symbolised by Saturn) that helps us to assess each challenge or obstacle properly and learn from it. This force often manifests itself in silence, where reflection and introspection find their place. It allows us to know what suits our nature and tastes best, to know our limits, to determine what we are really capable of achieving. Part of us wants to renounce and reject what has become insufficient or too restrictive.

Saturn asks us to keep what is most useful to us in this world. The stabilising force symbolised by Saturn responds to our need to satisfy our ambitions and evaluate situations through deep reflection, often achieved in silence. This inner silence helps us learn from conflictual situations and take responsibility for our actions. By cultivating this silence, we gain clarity and wisdom that guide us towards choices that are wiser and more aligned with our true nature.

Saturn in a sign shows how we want to achieve this.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***The Silences of Saturn*** by Jérôme Zenastral

In this book, each combination of Saturn in the 12 signs and 12 houses is carefully analysed to give you a nuanced understanding of this complex planet.

Lesson 19 Transpersonal Planets

Universal consciousness is constantly at work, manifesting itself in the world in different forms. Every moment, every thing, every event, every individual is an expression of this universal consciousness. This consciousness is not static, but dynamic and always evolving. It is constantly renewing itself, constantly creating new forms and new possibilities. Every moment of life is a manifestation of universal consciousness. Every heartbeat, every breath, every thought, every sensation is an expression of this consciousness. These three planets do not describe personality traits, but profound movements of Being. They are not there to reinforce our identity, but to help us detach from it with clarity, in an evolutionary process of alignment with the Self.

To do this, we have several forces at our disposal:

-A force of emancipation that can play a valuable role by encouraging us to break the chains of dependence and open ourselves to our original "beingness." This force of emancipation is symbolised by the planet Uranus.

-A force of **immersion**, dissolution, self-denial and forgiveness that will deconstruct and dissolve in our psyche everything that hinders our return to consciousness (or the unmanifest). This force of immersion is symbolised by the planet Neptune.

-A force of transformation, capable of bringing our resistance to light and freeing us from it. This force of transformation is symbolised by the planet Pluto.
These forces express themselves differently depending on the sign they occupy and are mainly exerted in the house they occupy. Remember that astrology is based on the idea that the energies and characteristics symbolised by the planets are expressed in a unique way depending on the sign they are in. Each sign of the zodiac has its own distinct qualities and attributes, and when a planet is in a particular sign, the way it expresses its energy is influenced by these characteristics.

For example, in Aries, Uranus favours a very bold and direct expression of independence, while in Taurus, the quest for freedom may be more conventional and pragmatic. This is due to the different natures of the zodiac signs. Aries is a fire sign known for its boldness and initiative, while Taurus is an earth sign known for its stubbornness and practicality.

In astrology, houses correspond to types of events that we bring about through our behaviour. Our spheres of existence are therefore a reflection of who we are. The quality of these events tells us where we are in terms of self-knowledge. When we are in tune with our strengths, there are no real challenges to overcome in the areas occupied by one or more planets.

These strengths are not always comfortable: they disturb, awaken, dissolve and transform. They do not seek our consent, but our awakening. They do not consolidate the

ego; they work to transcend it. Wherever they pass, they cause a fundamental readjustment, an inner redirection. But the more we resist, the more brutal their action can seem.

The houses tell us what challenges we set ourselves to see where we are and thus refocus on who we really are.

When a planet is in a house, we must use the force symbolised by the planet to succeed in the area of life signified by the "house" occupied by that planet.

Reading: *Uranus, Neptune and Pluto in astrology* by Jérôme Zenastral

Lesson 20 Uranus in sign, house and aspect

Uranus symbolises the force of emancipation. This force encourages breaking away from traditional limitations and constraints, whether social, intellectual or emotional. Traditions have many positive functions in society, including preserving history and culture, providing rituals and routines, and strengthening a sense of belonging and identity. However, they can sometimes be perceived as limiting for several reasons: Traditions are often rigid and resistant to change. They may be ill-suited to contemporary realities or fail to take into account diverse perspectives and experiences. For example, a tradition may be based on outdated social norms that no longer correspond to current values. Traditions often require conformity. They can suppress individuality and discourage new ways of thinking or behaving. For those who do not conform to traditional expectations, there may be feelings of exclusion or marginalisation.

Uranus represents a force that pushes for liberation, the discovery of new perspectives and the exploration of the unknown. It highlights the need to break out of norms, the ordinary and detach ourselves from conventions that limit our personal growth. It is an energy that drives us to innovate and evolve. It pushes us to adapt and thrive in an ever-changing world. It responds to our fundamental need for freedom and progress. Progress is necessary for us to adapt to our ever-changing environment. Without progress, we would not be able to face new challenges, learn new technologies, or understand and adapt to new situations.

Freedom is a complex concept with many dimensions and interpretations, but in a philosophical or spiritual context, it is often associated with the notion of personal autonomy, awareness, and self-realisation. Seeing things as they really are, without prejudice or illusions, requires a certain degree of freedom: the freedom to question our preconceptions, the freedom to seek truth outside social norms and expectations, and the freedom to accept and embrace change and uncertainty. We must be free to seek, discover, and accept the truth. Freedom to be generally refers to the ability to be oneself, to express one's individuality and to live according to one's own values and desires, rather than conforming to the expectations of others. This form of freedom is closely linked to consciousness, because being truly oneself requires a deep awareness of oneself: our thoughts, feelings, desires, values, strengths and weaknesses. The greater our self-awareness, the more we are able to be authentic and free. Furthermore, self-awareness allows us to recognise and understand our own limitations, which is an important step towards freedom. From this perspective, freedom is not only a matter of external independence (e.g. the freedom to do what we want), but also of internal independence: the freedom to think, feel and be who we really are.

The power of emancipation symbolised by Uranus allows us to follow our own path and make choices that correspond to our values and beliefs.

Uranus in a sign represents the need to break free from the negative behaviours and attitudes associated with that sign. These behaviours can create dependencies that

prevent the sign from reaching its highest potential. These dependencies will be evident in experiences related to the house where Uranus is located.

The process of emancipation associated with Uranus requires awareness of these behaviours and their consequences. By recognising and understanding these tendencies, we can begin to break these habits and redirect our energy towards more positive and constructive behaviours.

Once freed from these behavioural dependencies, we can more easily access the most luminous and positive expression of the sign.[52]

It is in the area of life symbolised by the astrological house where Uranus is located that this process of emancipation and change can take place to overcome the challenges potentially associated with that house. There, Uranus acts as a revealer and catalyst. It awakens, sometimes disturbs, but always with the intention of freeing you from the conditioning, attachments or expectations that hinder your full authenticity. The astrological house therefore indicates the area of life where you are called upon to invent new ways of being, to dare to make unique choices, to free yourself from norms or routines that no longer suit you.
This is not always a comfortable process: Uranus can manifest itself through breakups, upheavals or sudden realisations. But these shocks are often signs of an inner

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[52] In Zenastral's books *The 12 Felicities Witnesses of Universal Consciousness* and *Astrology and Mindfulness*, the high potentials of each sign are discussed at length.

calling that you can no longer ignore. By bringing something new, unexpected or unprecedented into an area of your life, Uranus pushes you to rethink your bearings, to reinvent your relationships, your roles and your commitments. Wherever it is placed, it invites you to think outside the box, to question the established order, to trust your keenest intuition, even if it is unsettling.

Interpreting Uranus in a house means recognising where your most vital need for freedom lies and how this freedom can be experienced in a creative, conscious and evolving way. This is where you are led to be bold, to listen to the impulse of your deepest self, and to welcome the transformative movements that open you up to a freer and more authentic version of yourself.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Uranus in Astrology*** by Jérôme Zenastral

Through the 144 combinations formed by the position of Uranus in the 12 signs of the zodiac and the 12 astrological houses, this book offers a nuanced and lively vision of this force of emancipation at work in each of us. Each configuration highlights a particular way of questioning the established order, breaking out of conditioned patterns and following your own path in a constantly changing world.
This book offers keys to understanding the dynamics of Uranus in your natal chart and ways to consciously integrate its energy. It is intended for anyone who feels a

call to free themselves from inner constraints, to live more authentically, and to transform their relationship with the world with boldness and clarity.

This book is both a precise interpretation tool and a companion for your journey. It accompanies astrologers, students and seekers of truth in their aspiration to better understand themselves and honour the power of change that lies dormant within them.

Lesson 21 Neptune in sign, house and aspect

Neptune is our force of immersion, self-sacrifice and forgiveness, the force capable of unifying all things, opening us up to the spiritual world, surrendering us to grace, revealing the mystery of existence and allowing us to meditate on the subtleties of this world. Neptune represents our desire to soften our personal boundaries, dissolve illusions, detach ourselves from material desires and personal ambitions in order to develop greater empathy towards others and promote our spiritual growth.

Neptune in a sign also symbolises the need to transcend the negative behaviours and attitudes associated with that sign. Negative behaviours and attitudes can generate illusions by creating false perceptions of ourselves and our environment. For example, if a person tends to be pessimistic (a negative attitude), they may believe that the world is constantly against them (an illusion), which is not necessarily true. A "negative behaviour" could be a personality trait or attitude that is generally associated with the shadow or less positive side of the sign occupied by Neptune. If these behaviours or attitudes are not recognised and addressed, they can distort our perception of reality, creating illusions, especially through experiences related to the house where Neptune is located.

It is in the area of life symbolised by the astrological house where Neptune is located that abandonment, sacrifice and self-giving may occur in order to overcome the challenges potentially associated with that house. This is where we may be called upon to let go of control, develop inner

listening and experience a form of faith or devotion. The house where Neptune resides indicates a place of vulnerability as well as profound spiritual transformation. We often seek an ideal, an unattainable beauty, pure love or a broader meaning to existence. But this search can initially lead us astray, exposing us to disappointment or illusion, especially if we project this ideal onto the outside world instead of cultivating it within ourselves.

In this sphere of life, experiences of blurring, confusion, self-forgetfulness or escape are possible. These are distorted forms of a deeper call: that of the soul to unite with something greater. Where Neptune is present, familiar landmarks may waver. Logic, rationality and the tangible seem to give way to intuition, the invisible and subtle feelings. It is not a question of getting lost, but of learning to navigate with discernment and openness, to recognise the currents of the soul behind the mists of the ego.

Thus, Neptune in a house evokes a fundamental lesson: that of humility in the face of the unknown, of acceptance in the face of the uncontrollable, of compassion in the face of suffering, whether our own or that of others. It is often in this house that we are led to forget ourselves, not to efface ourselves, but, on the con , to open ourselves to a broader, more universal consciousness. This can manifest itself in a vocation, a need to serve, an artistic or spiritual commitment, an ability to capture the invisible, to convey the inexpressible.

But before we get there, we often have to go through some dark times: illusions, unrealistic expectations, a tendency to sacrifice ourselves unnecessarily or to identify as a victim. Neptune confronts us with our escapism: escape into fantasy, into oblivion, into addiction, into the need to be saved or to save others. It is only by accepting these flaws that we can discover Neptune's true power: the power to transform our view of the world and, through trials and tribulations, connect us to a source of unconditional love.

Understanding Neptune in our chart means learning to discern between what is an inspiring ideal and what is an illusion. It means cultivating a finer, more subtle sensitivity that does not reject reality but welcomes it with an open heart. It means making Neptune's house an inner sanctuary, not a place of confusion, but a space for union, living meditation and conscious surrender.

Through the 144 combinations of Neptune in signs and houses, this book invites you to discover the many paths to this lucid surrender, this openness to grace, this silent wisdom that works within each of us. May these pages help you to better perceive how Neptune acts within you — not as a foggy mirage that leads you astray, but as an inner sea that connects you to the living mystery of existence.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Neptune in Astrology*** by Jérôme Zenastral

Through the 144 combinations formed by Neptune's position in the 12 signs of the zodiac and the 12 astrological houses, this book offers a nuanced and lively vision of this energy that connects us to planes beyond the ego. Each configuration highlights a unique way of perceiving the world through the prism of intuition, compassion or inspiration, but also the pitfalls of escape, illusion and identity confusion.

This book offers keys to understanding the dynamics of Neptune in your natal chart and ways to integrate this energy with discernment. It is for anyone who feels called to open up to the spiritual dimension of existence, to cultivate empathy and to move towards a deeper peace rooted in the acceptance of what is.

This book is intended to be both a precise interpretative tool and an inner companion. It accompanies astrologers, students and seekers of the absolute in their desire to live fully in the moment, to listen to the movements of the soul and to weave, in consciousness, the invisible bond that unites us to the whole.

Lesson 22 Pluto in sign, house and aspect

Pluto is our force of transformation. This force allows us to look deep within ourselves and explore the unknown or ignored areas of our psyche. This force pushes us to look beyond the surface and explore our deepest feelings, motivations and desires. It is capable of bringing to light our psychological residues (past frustrations and mistakes, psychological wounds, repressed secrets, etc.) that prevent us from growing, detecting our resistance and all the issues of power and control in our lives. Bringing our resistance to light means seeing the places where we resist change, where we are stuck in our habits or beliefs. By becoming aware of these resistances, we can begin to overcome them and make room for new possibilities.

Pluto also symbolises a force of introspection to understand our relationship with power and control. This can translate into an awareness of how we try to control our lives or others.

Pluto in a sign represents the need to transform ourselves by moving beyond the negative behaviours and attitudes associated with that sign. These behaviours can create obsessions or fears that hinder the realisation of the sign's deepest and most transformative potential. These obsessions or fears may manifest significantly through experiences related to the house where Pluto is located.

The process of transformation associated with Pluto requires courageous exploration and awareness of these behaviours and their consequences. By recognising and

confronting these obsessions and fears, we can begin to let go and redirect our energy towards more constructive behaviours.

Once freed from our obsessions and fears, we can more easily access the most powerful and profound expression of the sign.

It is in the area of life symbolised by the astrological house where Pluto is located that transformations and letting go can occur to overcome the challenges potentially associated with that house. Pluto then acts as a revealer. It intensifies this area, revealing areas of crisis, unconscious attachments and underlying tensions. It points to the areas of life where we must learn to strip away what is no longer alive, what freezes us or traps us.

Pluto's house often shows a field of experience marked by fears, struggles, profound questioning, and sometimes by losses or events beyond our control. But it also reveals where our potential for resilience is strongest. Where we can be reborn more powerful, more lucid, more true. By going through these experiences and consenting to the transformations they require, we gain integrity and depth. Pluto in a house therefore signifies an essential lesson: that of letting go of what we seek to control, of abandoning masks, possessive attachments or illusions of control. It points to the place where we are called upon to die to an old version of ourselves in order to better access our inner truth.

This work of regeneration is never easy or immediate. It requires time, awareness and courage. But it always holds a promise: that of being reborn to ourselves, purified, lighter, more in tune with the power of life that seeks to express itself through us.

This book, following on from *Astrology and Mindfulness* and works devoted to Uranus, Neptune and Chiron, offers a symbolic and lively interpretation of Pluto in signs and houses. It is not about predicting events or pigeonholing the soul, but about recognising the great archetypes of transformation at work in our lives. Pluto does not influence us, it reveals us. It shows us where our deepest truth awaits to be encountered.

May this reading help you to accompany, with greater awareness and serenity, the processes of inner change that mark every human life — and to welcome, in every crisis, the possibility of rebirth.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Pluto in Astrology*** by Jérôme Zenastral

Through the 144 combinations formed by Pluto's position in the 12 signs of the zodiac and the 12 astrological houses, the author offers a nuanced and vivid vision of this inner force that drives us to be reborn, to transcend our limitations, and to heal the hidden parts of ourselves. Each configuration sheds light on a specific way of embracing

profound change, which is often difficult but always liberating.

This book offers keys to understanding the Platonic dynamics in your natal chart and ways to welcome this energy with awareness and discernment. It is for anyone who feels the call to confront their inner truth, to transform themselves authentically, and to cultivate renewed strength in their life.

This book is both a precise guide to interpretation and a companion on the path to metamorphosis. It accompanies astrologers, students and seekers of truth in their quest for self-knowledge and in respectfully welcoming the transformative power that lies dormant within each of us.

This book offers keys to understanding the dynamics of Neptune in your natal chart and ways to integrate this energy with discernment. It is for anyone who feels called to open up to the spiritual dimension of existence, to cultivate empathy and to move towards a deeper peace rooted in acceptance of what is.

This book is intended to be both a precise interpretative tool and an inner companion. It accompanies astrologers, students and seekers of the absolute in their desire to live fully in the moment, to listen to the movements of the soul and to weave, in consciousness, the invisible bond that unites us to the whole.

Lesson 23 The Moon's nodes in signs, houses and aspects

Astrology, much more than a simple tool for divination, is a complex and rich language that offers us keys to understanding the subtle dynamics of our existence. Among the most significant elements of this discipline, the Lunar Nodes occupy an important place. These fictitious points, resulting from the intersection between the Moon's orbit and the solar ecliptic, are often perceived as indicators of our past and our future. However, in this book, we offer a different approach, rooted in the reality of the present.

The South Node, traditionally associated with past lives and karmic baggage, is reinterpreted here as a mirror of our past actions in this life. It symbolises the accumulated experiences, innate talents and challenges overcome that form the foundation of our being. These past actions are all those moments when we feel nostalgic for our comfort zone, our achievements or our conditioning, and when we tip over into the South Node.

Understanding the South Node means diving into the recognition of what has been accomplished, while becoming aware of the habits and patterns that can still attract or influence us and prevent us from evolving.

The North Node, often described as a future destination or goal to be achieved, is explored here from a more immediate perspective. We see it as a direction to follow in the present moment, a call to fully embody our potential

and live in alignment with our true nature. This North Node does not invite us to wait for a hypothetical future to act, but to embrace the qualities and energies that are meant for us right now. To seize the opportunities and demands of the present moment (those signified by the house occupied by our North Node), we must trigger a shift in the North Node by cultivating the qualities and virtues of the sign it occupies.

Throughout the pages of this book, you will discover detailed interpretations of the Lunar Nodes in the different signs and houses of the zodiac.

Note:

The South Node, traditionally associated with past lives and karmic baggage, is reinterpreted here as a mirror of our past actions in this life. However, some of these actions may seem to come from a more distant past, even before our birth, in the form of persistent impressions imprinted within us. These reminiscences are not necessarily proof of reincarnation in the strict sense. Indeed, if we consider that individual identity is a fluctuating construct rather than a fixed entity, the question arises: if there is no one in the sense of a permanent "self," what could possibly be reincarnated?

This reflection echoes the approaches of Stephen Batchelor, who sees reincarnation as a metaphor for the transmission of karmic tendencies rather than a passage of an individual soul from one body to another. Douglas Harding, through his "Headless" theory, also questions the

idea of a persistent personal subject from one life to another, suggesting that what we perceive as memories of past actions may be a psychic or collective resonance rather than personal continuity.

Thus, if some people have a sense of a past prior to their birth, several explanations can be considered:

- **Implicit or unconscious memory**: Some experiences may be linked to transgenerational or cultural transmission. Through their choices and experiences, our ancestors may have shaped a psychic heritage that we carry unconsciously. We may therefore feel connected to events that we have not directly experienced.

- **Symbolic or archetypal resonance**: Certain experiences seem to belong to us without us being able to link them to a specific event. Jung would refer to this as influences from the collective unconscious, where we access universal patterns and memories that transcend our individuality.

- **A continuity of experience without continuity of person**: If we are not fixed entities, the of impressions from previous experiences could be the resurgence of unresolved experiences belonging to a larger stream of consciousness, without necessarily assuming personal reincarnation.

- **Subjective experience and the search for meaning**: Finally, some people experience these memories as real and deeply meaningful. Rather than interpreting them as

proof of personal past existence, they can be seen as invitations to explore unresolved issues, understand certain internal dynamics, and evolve accordingly.

From this perspective, studying the South Node becomes a valuable tool for deciphering these persistent impressions, whether they come from our own experience or from a broader past. This interpretive framework allows us to better integrate them into our personal development and transform them into levers for growth.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***The Moon's Nodes in Astrology*** by Jérôme Zenastral

In this book, we invite you to discover the symbolic richness of the South Node and North Node, not as esoteric concepts linked to past lives or a distant future, but as essential landmarks on your personal journey in the present moment and in mindfulness.

The South Node, far from being a simple comfort zone or a reminder of a bygone past, is presented here as a reflection of your actions, talents and habits accumulated over time. It bears witness to what you have accomplished, the skills you have developed and the challenges you have already overcome.

The North Node, on the other hand, represents the call to fully embody your qualities and live in accordance with the potential of your present. It is not a distant goal, but a

clear direction for your immediate evolution, a path you are already on, here and now.

Lesson 24 Lilith in sign, house and aspect

Lilith in astrology: authenticity banished and the power of sacred disobedience

In the vast symbolic field of astrology, Lilith occupies a unique, mysterious and often controversial place. A mythical and archetypal figure, she embodies a profound part of the human soul that defies norms and challenges the established order, yet in her silence and exile reveals an essential truth about our relationship with ourselves and the world. This book explores the part of Lilith that has never been allowed to exist 'in the light': the banished authenticity, the sacred force of disobedience, the rebellious shadow of the collective and individual consciousness.

Lilith is not just a planet or a fictional point in the natal chart. She is, above all, an archaic, pre-verbal, ontological memory of an original banishment — an invisible, silent, unrecognised exile that predates even our personal history. She symbolises the primal wound of exclusion, that of a deeply authentic, radical, non-conformist part of ourselves that society, family, and sometimes our own psyche have refused to accept.

This banished part, which we call here **banished authenticity**, is the shadow of the light exiled from consciousness. Lilith is that part of us perceived as 'too much': too free, too wild, too whole, too disturbing, too impure, too untameable to be admitted into the normative and reassuring framework of what is recognised, accepted

and integrated. She is the guardian of an inviolable absolute, a sacred inner place that cannot be desecrated or domesticated.

On a more fundamental level, Lilith also represents the living memory of that moment when the being, in its incarnation, believed itself to be cut off from the Source, falling into the illusion of separation from the universal consciousness. This shift cannot be reduced to a simple psychological or emotional wound. It is rooted in deep social and psychological dynamics: family loyalty, pressure to construct a self-image that conforms to external expectations, and the refusal to live a part of oneself that is considered too disturbing for relational and social balance.

It is precisely this part, this inner place, that Lilith reveals. She does not ask to be healed or repaired in the traditional sense of the word. She does not fit into the classic patterns of psychological healing. Lilith is above all a radical presence to be listened to in her silence, an inner fault line where consciousness is invited to pause, to relinquish its usual mechanisms of control, and simply to see — to see the profound illusion of separation.

It is in this naked acceptance, in this listening without resistance, that ontological recognition can occur. Lilith then acts as an inner threshold, an unavoidable threshold for those who wish to integrate this fundamental truth: that separation from the Source is an illusion, and that naked Consciousness is always present, intact, beyond all manifested forms.

Thus, Lilith reminds us of the permanent tension between the infinity of Being and the limits of the manifested world. She is the guardian of this **ultimate illusion** that we carry within us — that of having been separated from the Source, of having been excluded from unconditional love. This book offers to decipher this unique energy through a detailed study of Lilith's positions in the signs and houses of the natal chart. Each combination reveals a specific facet of this banished authenticity, a particular path of confrontation with this luminous shadow and this inner threshold.

By approaching Lilith from this angle, astrology becomes a mirror not only of what has been repressed or rejected, but also of what can be recognised and welcomed in all its radicality. It is a call to sacred disobedience — to fidelity to oneself beyond constraints, to the recognition of the freest and most complete part of ourselves. This path is often difficult, as it challenges certainties, loyalties and fixed images, but it also opens the way to a naked, liberated and finally authentic presence.

Lilith in a sign: a radical energy in the service of banned authenticity

Having established Lilith's profound nature as the guardian of banned authenticity and the ultimate illusion of separation, it is essential to shed light on what this energy implies when it expresses itself through an astrological sign.

Each sign of the zodiac, with its unique symbolism, elemental qualities and psychological dynamics, acts as a revealing prism that colours and nuances Lilith's force. Lilith is not simply an element added to the chart: she is a wild fire that burns away the superficial layers of the personality to reach that inviolable inner place, the deep authenticity that is often rejected.

Lilith in a sign therefore expresses how this radical, non-negotiable part of ourselves, banished from ourselves and from the collective, manifests itself in our relationship with the world, with others and with ourselves. It reveals the specific ways in which the shadow of original exclusion, the memory of archaic banishment, is embodied in our behaviour, our reactions and, above all, in our conscious or unconscious resistance.

Each sign offers a unique ‘tonality’ to Lilith's power, a symbolic language of its own that guides the way in which this deep part of ourselves can express itself, resist or awaken. This energy will be both a point of tension and a gateway to a more conscious integration, sometimes at the cost of a difficult path where the self must accept to renounce illusory compromises.

In this context, Lilith does not fit into the usual logic of control or adaptation, but rather that of gradual unveiling. She reveals what remains in exile within us, and how this forbidden inner place reacts to the structures and codes represented by the sign.

This is why understanding Lilith in a sign is not limited to a simple psychological characterisation. It requires careful and respectful listening to the shadow within us, inviting us to recognise and honour this banished authenticity that refuses to be denied, even in pain or rebellion.

In the following chapters, we will explore in detail the 144 possible combinations of Lilith in signs and houses. Each position will reveal a particular facet of this paradoxical energy, guiding us towards a better understanding of what it truly means to inhabit this radical and fundamental part of ourselves.

Lilith in the houses: the place where banned authenticity is embodied

Having established the profound nature of Lilith and how she is coloured by the sign, it is essential to shed light on the meaning of Lilith in an astrological house. In astrology, the house indicates the area of life where an energy manifests itself concretely, where it is embodied and acts in daily and relational experience.

Lilith in a house therefore reveals the privileged field of expression — often conflictual and shadow-laden — in which this banished authenticity manifests itself. It is here that the archaic memory of exclusion, that radical and rejected part of ourselves, is projected into lived reality, into our attitudes, behaviours and challenges.

As the guardian of an inviolable inner space, Lilith in the house shows where human beings encounter the tension

between the deep need to be true to themselves, to that sacred and non-negotiable part of themselves, and the social, family or personal demands that tend to impose silence, denial or compromise.

Each house offers a specific ‘terrain’ where Lilith can cause a rift between the need for deep authenticity and the compromises that life imposes. This ‘terrain’ can be a place of isolation, rebellion, renunciation or, paradoxically, revelation and rediscovered power.

Lilith in a house is not an invitation to flee or deny the reality of the manifested world, but to inhabit it with an acute awareness of the tensions and wounds that reside there. She pushes us to listen to that part of ourselves that is often cast aside, to honour it without seeking to erase it, in order to transcend the fundamental illusion of separation and rediscover our naked presence to ourselves.

Thus, the house where Lilith is located in the astrological chart shows us where this deep part of ourselves demands recognition and presence, where sacred disobedience manifests itself in the concrete dynamics of life.

In the following chapters, a detailed study of Lilith's combinations in signs and houses will allow us to decipher the complexity of this energy in its multiple expressions, offering a tool for understanding and transformation that is deeply respectful of the inner truth it embodies.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Lilith in Astrology*** by Jérôme Zenastral

Lesson 25 Asteroids in astrology

In the vast language of the sky, asteroids occupy a unique place. Less well known than traditional planets, they nevertheless bring valuable nuances to astrological interpretation. Each one acts as a subtle key, revealing inner dimensions often left in the shadows by the larger stars.

Lessons 26 to 29 will explore four essential figures:

Vesta, Pallas, Juno and Psyche. Each of them has a specific symbolic function, an inner strength which, when recognised, enriches the reading of the natal chart.

It is important to note that Ceres, often associated with Virgo and even proposed by some as its ruler, does not appear in this group. Its special status as a dwarf planet distinguishes it from the other asteroids presented here. Similarly, Chiron is not an asteroid in the strict sense, but a centaur, occupying an intermediate position between planets and minor bodies.

Here are the forces and trends that will guide our exploration:

- **Psyche**: the transformative force in the face of impermanence, the art of crossing irreversible thresholds and inhabiting change without losing oneself.

- **Pallas**: the power of strategic clairvoyance, the art of seeing beyond apparent obstacles and illuminating subtle paths.
- **Juno**: the power of inner legitimacy, the discovery of what within us calls to be recognised and honoured.
- **Vesta**: the sanctuary of sacred fire, the ability to keep alive the connection with the sacred dimension of existence.

Through the signs, houses and aspects, these asteroids reveal paths of transformation, healing and lucidity. They invite us to recognise that astrology is not only a map of destiny, but also a path of awakening, presence and alignment.

Reading: ***Asteroids in Astrology*** by Jérôme Zenastral

Lesson 26 Psyche in sign, house and aspect

There are moments in life when the old ceases to hold sway. A garment we loved no longer suits us. A job that fulfilled us becomes a prison. A way of speaking, eating, loving or presenting ourselves to the world unravels like a thread being pulled, and we know that nothing will ever be the same again.

These moments are not always tragic, or even spectacular. Sometimes they are just a small gesture: putting away a tool you used every day, cutting your hair after years, starting to speak with confidence when you used to be reserved, moving somewhere new and no longer thinking as you did before. Yet they mark an invisible boundary: a before and an after.

In mindfulness astrology, the asteroid Psyche refers precisely to this skill: the art of crossing irreversible thresholds. Not as a spiritual mission, nor as the repair of a mistake, but as a natural function, present in each of us, which allows us to inhabit impermanence without losing ourselves.

In her myth, Psyche faces strange and often incomprehensible trials. She does not overcome them through brute force or pure obedience, but thanks to four valuable attitudes:

Intelligent perseverance, which finds solutions where everything seems closed.

Openness to outside intervention, which accepts help from unexpected allies.

- Transformative curiosity, which dares to look behind the veil.
- Endurance in the face of arbitrary constraints, which pushes forward despite the absurd.

It is this combination that makes Psyche a unique reference point in the natal chart. Wherever she is, by sign and by house, she indicates in which area of life and with what style we are called upon to reinvent ourselves when life changes scenery.

Moving to a new city or country, re-evaluating our relationship with money, changing the way we work, transforming our bodies, going from single to coupled or vice versa, reinventing our family relationships, changing our beliefs, learning a new language, withdrawing from the world or, on the contrary, entering it fully... Psyche tells the story of how we go through these passages, big or small, that force us to say: 'I am no longer who I was.'
By placing Psyche in the inner sky of mindfulness, we discover that metamorphosis is not an exception but a natural state. And that astrology can become a subtle map of this constant dance between what disappears and what is born.

Psyche in an astrological sign

Psyche's position by sign describes the inner style of metamorphosis that the individual mobilises in the face of impermanence. It does not indicate the specific area (this

role belongs to the house), but the dominant psychological attitude with which the person goes through irreversible changes.

In mindfulness astrology, this is not a ‘fixed character’ but a tendency of functioning: a preferred way of crossing thresholds where the old does not return.

Thus, two people may experience the same transition—for example, moving from salaried employment to self-employment—but one, with Psyche in Aries, will do so with a direct and decisive impulse, while another, with Psyche in Libra, will seek harmony and agreement with others before moving forward.

Psyche in an astrological house

The position of Psyche by house shows the area of life in which the experience of metamorphosis in the face of impermanence will be most strongly expressed. This is where irreversible transitions are bound to occur, or where life imposes changes that require the individual to reinvent themselves.

In mindfulness astrology, this location does not predict specific events: it highlights the privileged space of experience where Psyche's adaptive function will be called upon. Over time, this area may experience several ‘before/after’ passages that are not steps backwards but real thresholds.

Psyche in aspect with a planet

An aspect between Psyche and a planet describes the interaction between the adaptive function of metamorphosis (Psyche) and the fundamental energy represented by the planet. It reveals how a key dimension of the personality supports, complicates or colours the process of reinvention in the face of impermanence.

In mindfulness astrology, an aspect is not a 'verdict' but a dynamic coexistence between two psychic functions. It indicates both a potential for harmonisation and a risk of tension:

-Fluid aspects (trine, sextile) show natural cooperation between the planet and Psyche.

-Tension aspects (square, opposition, sometimes conjunction) highlight friction, which can stimulate transformation but also generate resistance.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***The asteroid Psyche in Astrology*** by Jérôme Zenastral

Lesson 27 Vesta in sign, house and aspect

Vesta represents the inner flame that burns within us, even when we are immersed in the turmoil of everyday life, in worldly affairs, in what we call the profane[53] . She is the silent guardian of that which never dies within us: a sacred, inviolable, pure, immobile space — the sanctuary of the Self.

This sanctuary is within each of us. It depends on nothing and no one, and is unaffected by the fluctuations of the outside world. It is the inner room that no one can defile, that fundamental place of renewal, free from injunctions, distractions and conditioning. It is not linked to any particular belief or practice, but to a direct experience of presence, peace or clarity.

In the Greco-Roman tradition, Vesta — Hestia in Greek — is the goddess of sacred fire and the hearth. Unlike the other Olympian deities, she never leaves the temple: she remains in the centre, silent, motionless, watching over the flame that must never be extinguished. She has no tumultuous myths, no conquests, no dramas; her power lies in her stability, her constancy, her peaceful withdrawal. She represents the inner home around which everything revolves — that fixed point at the heart of movement. Through her, we touch the image of this centre within us, which does not waver, even when everything else changes.

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[53] The term "profane" here does not refer to what is "bad" or "impure," but simply to what belongs to the ordinary world, to external concerns, to the obligations and demands of everyday life.

[54]Vesta is that part of us that watches over us when we are separated from Consciousness, that part which, even in the midst of dispersion or forgetfulness, keeps alive the memory of who we truly are. She is the vibrant memory of Consciousness, the discreet but constant reminder of our essence.

In mindfulness astrology, Vesta is not just a psychological function: she is the guardian of the living link with the sacred dimension of existence. She speaks of this inner withdrawal, not as an escape from the world, but as a return to the essential, a refocusing that allows us to re-engage with the world with greater presence, accuracy and grounding. This refocusing is a return to a fixed point within ourselves: an inner pause, a sense of verticality, which allows us to act without becoming scattered or lost.

Vesta invites us to preserve a space within ourselves:

- clear, uncluttered, silent,
- where we can gather ourselves,
- honour the spark of the Self,
- feel the peace of being,
- return to the Source.

This return can be experienced in:

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[54] Francis Lucille, Rupert Spira and Eckhart Tolle all consider Consciousness to be the fundamental reality of existence. Lucille sees Consciousness as non-dual, present in all experiences, and both subject and object. Spira considers it to be the essence of individual experience, omnipresent and unchanging. Tolle perceives it as the silent inner presence that observes and witnesses our thoughts, emotions and perceptions.

- a moment of meditation,
- chosen solitude,
- a peaceful place,
- a simple and intimate act: lighting a candle, writing in silence, walking slowly, breathing mindfully.

Through Vesta, we recognise how much we need, not to escape life, but to live it from a centre, an inner axis. She teaches us the value of what is essential in everyday life, from contemplation in the midst of turmoil to presence in the midst of movement.

She reminds us that the hearth of Being must not be extinguished. And that it is in our fidelity to this fire, in our attention to this invisible light, that we remain aligned with our deepest truth. To be faithful to the invisible is to honour this silent dimension within us, even when it is not recognised or visible from the outside.

The sign in which Vesta is located indicates the vibratory quality of our intimacy, the particular form that our yearning for the sacred takes within us, the way in which we protect, honour or cultivate this inviolable space of the Self. It colours our intimate relationship with presence and clarifies how our need for contemplation, clarity and fidelity to the essential expresses itself within us.

Each sign offers a mode of expression for this flame that watches over us. It reveals:

- how we seek to preserve our inner integrity,

- how we withdraw from the profane to return to the source,
- what truly recharges us,
- and how we can keep alive the connection with the subtle dimension of existence.

This sign does not therefore indicate a personality trait, but a subtle frequency: that of our relationship with silence, with the centre, with invisible light. It describes the energetic climate of our inner sanctuary, the style of our intimate ritual, the secret language through which Consciousness continues to watch over us, even in the shadows or in oblivion.

This is where our loyalty to pure Consciousness unfolds. This is where we find peace of being, alignment, centring, and where we can then re-engage with the world from a more stable and truer inner axis.

The house in which Vesta is located designates the area of life where what is conscious of existing lies dormant, where the need to preserve an inviolable space is particularly felt. This is where we are called to remain centred, not to lose ourselves in the turmoil of roles, expectations or external demands. It is also here that our silent commitment to what is essential manifests itself most naturally.

This area of life becomes a place of inner retreat, not to escape, but to return to what is essential, to realign ourselves with what is right and true within us. It can also be the place where we offer a purified, attentive, aligned

presence, not to be seen, but to hold the light, preserve clarity, and remain faithful to the invisible.

In this field of experience, Vesta teaches us:

- to simplify, to purify what is not essential,
- to sanctify certain gestures, places or moments,
- to honour silence, fidelity and presence,
- and sometimes to withdraw, in order to return more enlightened.

This place within us seeks neither recognition nor usefulness. It is an act of fidelity to being. Where Vesta is, we are invited to live from a still centre, to embody presence, to keep the fire alive — even without words, even alone.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Vesta in Astrology*** by Jérôme Zenastral

Lesson 28 Pallas in sign, house and aspect

Pallas, strategic insight through mindfulness

In mindfulness astrology, each planet, each asteroid, each symbolic point is seen not as an external force influencing our lives, but as an inner resonance, an archetypal reflection that speaks to us about ourselves. Pallas is no exception. This asteroid, often relegated to the margins of interpretation, nevertheless harbours a subtle power: that of finding a way out where everything seems blocked.

The heart of the archetype

Pallas is not the reckless impulse that bangs against a wall until it is exhausted. It is the intelligence that knows when to stop, to be silent within, to observe, and to perceive the opening invisible to the hurried eye. Its nature is twofold:
· Vigilant silence: that quality of relaxed attention that frees itself from reflexes, habits and fears, leaving room for a new vision.

· Strategic courage: the inner strength that dares to act on perceived evidence, even if it confounds established logic.

This marriage of passive vigilance and controlled daring gives Pallas a rare power: that of 'tunnelling' through psychological and existential obstacles. Where others see a dead end, Pallas sees a flaw — not as the result of mental calculation, but as a spontaneous manifestation of awakened consciousness.

From myth to psychology

In Greek mythology, Pallas Athena was born wearing a helmet and armed with the head of Zeus. She carries within her divine wisdom and the ability to defend herself through cunning as well as strategy. A goddess of thoughtful warfare, protector of cities, patron of craftsmen and artists, she embodies intelligence in action, clear vision in darkness — an image symbolised by the owl that accompanies her.

Our approach does not deny this heritage. It internalises it. What the ancients saw as an external goddess, we recognise as a profound human capacity. The battlefields have become psychological, the citadels to be defended are those of our inner integrity, and the heroic stratagems are those that enable us to free ourselves from the conditioning that imprisons us.

Pallas and the strategy of the present moment

In a mindfulness approach, Pallas is not the planner who anticipates every detail in advance. She acts in the moment, when the usual paths have already been exhausted. She does not “manufacture” the solution, she allows it to emerge. What then manifests itself is not a constructed idea, but something obvious, as if the situation had always contained its own outcome.

This art of immediate strategy requires freeing oneself from fixed mental patterns. This is where Pallas excels: she deconditions, not through direct confrontation, but by

dissolving adherence to automatisms. In the silence she creates, the situation reorganises itself and the previously invisible outcome reveals itself.

The tunnel effect: a quantum metaphor

In quantum physics, the ‘tunnel effect’ refers to the passage of a particle through an energy barrier that classical logic considers impassable. This phenomenon perfectly illustrates Pallas' action in the human consciousness. When faced with a psychological obstacle, our tendency is to fight, force our way through, or retreat. Pallas, on the other hand, chooses a third way: to remain still inside until perception shifts and a passage forms where there was none before. The barrier is not broken, but circumvented in a subtle dimension that only an uncluttered vision can perceive.

The courage of the unknown

Pallas' wisdom is not contemplative to the point of limiting itself to observation. When an opening appears, it must still be taken. And this crossing requires a special kind of courage: the courage to venture down a path that has not yet been validated by experience, which may seem risky, strange, or even contrary to rational logic. This courage is the prerogative of the inner warrior: not the warrior who destroys, but the warrior who acts with precision, with respect for the situation, and always in accordance with the truth perceived in the moment.

An archetype of inner transformation

Understood in this way, Pallas becomes a guide for our moments of blockage. She teaches us that it is not external walls that imprison us, but the way we perceive them. She invites us to deactivate our automatic responses, to clear our minds, and to act only when clarity emerges. In mindfulness astrology, she represents the strategic intelligence within each of us, capable of combining passive vigilance and courageous action. She reminds us that the impossible is often just a belief, and that the solution is already there, simply waiting for us to see it.

The place of Pallas in a mindfulness chart

In an astrological chart, Pallas does not simply indicate strategic talent or intellectual ability. In mindfulness astrology, she reveals the inner place where we are able to see beyond apparent obstacles. Her position in a sign colours the way this perception is expressed: intuitive, methodical, creative, pragmatic... Her position in a house indicates the area of life where we are called upon to use this strategic insight.

The aspects it forms with other planets highlight the alliances or tensions between this faculty and other dynamics of our psyche. A fluid aspect indicates a natural integration of this intelligence into our functioning, while a tense aspect signals that Pallas' full power can only be unleashed through conscious work on inner unification.

Pallas as a lever for liberation

When we experience a moment of deadlock, we tend to believe that we need more effort, more control or more arguments to get out of it. Pallas shows us another way: that of conscious withdrawal, where we stop banging on the door and finally see the window.

This attitude is not one of renunciation, but a subtle strategy that allows us to act without wasting energy in fruitless directions.

From this perspective, Pallas is less a warrior than a passing architect: she spots flaws, calculates invisible angles, and designs solutions that only a free mind can detect.

Pallas in signs – General meaning

In mindfulness astrology, the position of Pallas in signs describes the specific way in which we use our strategic intelligence and insight into the present moment. It is not the ‘domain’ in which Pallas acts (that is the role of the houses), but the style with which she detects invisible openings and chooses to act.

Pallas in a sign colours three fundamental aspects of this archetype:

1. The quality of passive vigilance: the way we silence ourselves in order to perceive the flaw or the point of entry.

2. The type of courage mobilised: the form our boldness takes when we decide to take advantage of this opening.
3. Creative logic: the way we combine intuition and strategy to ‘tunnel’ through an obstacle.

Vigilance and strategic style

Each sign brings a particular tone to Pallas:

· Some favour pure intuition, others method or careful observation.
· Some react with spontaneous enthusiasm, others with patience and gradual development.
· Some see flaws through analysis, others through feeling, and still others through direct experience.
Courage and decision-making
Pallas' zodiac colour influences the way we take action:

· Boldness can be dazzling or measured.

· Strategic moves can be direct or indirect, frontal or indirect.
· Choices can come from an instinctive impulse or a long-held vision.

An inner signature

Pallas in a sign is not a deliberate posture that we decide to adopt. It is a natural disposition of the mind that manifests itself especially when we are in our inner truth, freed from conditioned reflexes. It is at this moment that

the unique style of our ‘strategic warrior’ emerges, with its own way of identifying the solution and implementing it. Thus, the position of Pallas in a sign does not simply tell us *where* we are intelligent, but how our conscious intelligence unfolds when everything seems blocked.

Pallas in a house – General meaning

In mindfulness astrology, the position of Pallas in a house indicates the area of life in which our strategic insight and ability to find unexpected solutions manifest most naturally. If the sign describes *the style* with which we act, the house shows *where* this ability is put into practice and takes on its full meaning.

The scope of strategic vigilance

The house where Pallas is located reveals the concrete or psychological space where we are called upon to:

1. Observe silently rather than react immediately.
2. Identify the flaw or opening where others see only a dead end.
3. Act with precision and boldness to transform the situation.

In this area of life, we often play the role of ‘problem solver’: the one who spots solutions that others cannot imagine and knows how to implement them correctly.

The nature of the challenge

Pallas in the house also shows where we face recurring blockages or situations where the usual paths do not work. These experiences are not there to limit us, but to sharpen our clarity and teach us to act without wasting energy in fruitless directions.

A skill that reveals itself in the moment

The house placement does not describe a constant and permanent skill, but one that unfolds especially in times of crisis, tension or necessity. When the situation in this area seems hopeless, Pallas awakens:

· She prompts us to interrupt the mechanical movement of habits.
· She opens up an inner space where the solution can reveal itself.
· It gives us the courage to take an unconventional path.

Place of inner maturation

In the house it occupies, Pallas acts as a catalyst for personal transformation. It is often in this sector that we directly experience that the impossible is only a perception, and that openness already exists — we just need to learn to see it.

Aspect of a planet to Pallas – General meaning

In mindfulness astrology, an aspect between a planet and Pallas reveals how strategic intelligence and present-moment insight interact with another psychic force in our chart.

This exchange can result in a fluid alliance or a stimulating tension, depending on the nature of the aspect.

A meeting of two forces

Each planet symbolises a type of energy or inner functioning: impulse, reflection, emotion, expansion, structure, etc. Pallas represents the ability to:

1. Be silent and observe rather than act hastily.
2. Perceive the flaw or opening where ordinary paths seem closed.
3. Act with thoughtful boldness when the solution appears.

When these two dynamics meet through an aspect, they influence each other:

· A harmonious aspect (integrated conjunction, sextile, trine) facilitates cooperation: the planet brings its natural resources to Pallas' strategy, and Pallas refines the planet's expression.

· A tense aspect (square, opposition, conflictual conjunction) highlights an inner conflict: the planet and

Pallas seem to be pursuing different goals or methods, and integration requires conscious work of reconciliation.

Harmonisation and creative tensions

Fluid aspects to Pallas often translate into:

· A clear and quick perception of solutions in the area represented by the planet.
· An ability to act with precision and relevance in this field of experience.

Tense aspects tend to indicate:

· Moments when we struggle to find inner silence before acting.
· Automatic reactions that cloud strategic clarity.
· A need to transform tension into a driving force for creativity.

Potential for integration

Whatever the aspect, the dialogue between the planet and Pallas opens up a path for evolution. The more we cultivate mindfulness in this interaction, the more we discover how Pallas' vigilant wisdom and strategic courage can nourish and refine the expression of the planet. By integrating this relationship, we transform dead ends into opportunities and tensions into entry points to unexpected solutions.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Pallas in Astrology*** by Jérôme Zenastral

Lesson 29 Juno in sign, house and aspect

Juno, the force of inner legitimacy

Juno, from the perspective of mindfulness astrology, represents an essential inner force: the legitimacy of being. She reminds us of a simple truth that is often veiled by the ego: *nothing in us is illegitimate*. Our emotions, our impulses, our desires and our wounds all have a rightful place in our existence.

The ego, seeking above all security, shapes an image of ourselves that reassures and protects us. But in this quest, it can become a distorting prism, rejecting certain facets of our being that are deemed unacceptable, dangerous or useless. This rejection creates an artificial duality between what we show and what we repress. Juno is the clear voice that shatters this illusion and invites us to reconcile these eclipsed parts.

In mythology, Juno is often portrayed as a jealous wife, confronting Jupiter's numerous infidelities. But this superficial reading obscures a deeper meaning: her anger is not capricious but a legitimate reaction to injustice. Behind Jupiter's ‘mistresses’ lies a symbolism: these figures represent the tendencies or inner forces that the ego favours at the expense of others, left in the shadows. Juno's jealousy then becomes an inner warning signal: she warns us that an essential part of ourselves is being ignored.

The cuckoo, a bird associated with their mythical encounter, takes on a new meaning here. In the story,

Jupiter, transformed into a cuckoo shivering with cold, took refuge in Juno's arms to move and seduce her. Symbolically, this cuckoo is the image of an inner truth or creative impulse which, not having been openly welcomed, enters our psyche by cunning to claim its rightful place.

Juno's sceptre, topped with the cuckoo, is not an emblem of domination, but a sceptre of legitimacy. It proclaims that all our strengths, even those we have deemed inappropriate or dangerous, have a right to be integrated.
Juno is not there to destroy the ego or plunge us into chaos. She is the force that drives us to unite our need for security (the ego) and our need for growth (the life force), so that our inner protection becomes a place of welcome rather than a prison. This reconciliation does not consist in erasing our wounds, but in recognising them as allies on our journey.

The book *Juno in Astrology* explores how Juno, in sign, house and aspect, illuminates our areas of legitimacy and inner conflict, and how, through her, we can transform jealousy into dignity, anger into justice and separation into inner unity.

Juno in a sign – General meaning

Juno's position in a sign reveals how we seek to legitimise all facets of our being and reconcile the parts of ourselves that the ego has sometimes set against each other. It indicates the style, tone and sensitivity with which we approach this inner process.

In the sign, Juno describes:

· Our instinctive relationship with legitimacy: how we recognise (or fail to recognise) the value of our different inner tendencies.

· The language of reconciliation: how we harmonise our need for security and our drive for growth.
· The possible source of tension: the types of forces, qualities or behaviours that the ego may tend to reject or undervalue.

Juno in a sign also shows the energy through which jealousy or feelings of injustice can manifest themselves. These emotions should not be seen as weaknesses, but as valuable signals that a part of ourselves is waiting to be recognised.

From a mindfulness perspective, this position is not there to predict events or describe a fixed character, but to indicate a path of integration:

· Recognise that all the qualities of the sign – even those we have learned to hide or judge – are legitimate.
· Learn to express them harmoniously, connecting them to other facets of our personality.

Thus, Juno in a sign does not only tell us *who we are*, but how we can become whole again by uniting our visible and invisible strengths, our accepted and repressed parts, in the vibration specific to that sign.

Juno in a house – General meaning

Juno's position in a house indicates the area of life where the question of inner legitimacy is most intensely played out. This is where the ego is most likely to favour certain aspects of ourselves at the expense of others, and where the work of reconciling our different tendencies becomes essential.

In this house, we may feel:

· A search for integrity: a deep need for all parts of ourselves to be recognised and accepted.
· Significant tensions or jealousies: signs that a part of us is being ignored or underestimated in this area.
· A call for inner unity: an invitation to align our needs for security and our desire for growth in order to act with consistency and truth.
Juno's house is often the one where:
· The wounds of exclusion or non-recognition are most deeply felt.
· We are led to encounter situations that reflect our own relationship with legitimacy.
· Through conscious work, we can transform duality into cooperation and perceived injustice into healthy self-assertion.

From the perspective of mindfulness, Juno in the house shows us where our life becomes a laboratory for reconciliation. It is in this area that we have the opportunity to give voice to all our facets, even those that

the ego judges uncomfortable or inappropriate, and to integrate them into a living balance.

Thus, the house occupied by Juno becomes a privileged terrain for moving from inner struggle to a deep alliance between all dimensions of our being.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Junon en Astrologie*** by Jérôme Zenastral

Lesson 30 Centaurs in astrology

Centaurs are neither classic asteroids, planets, nor planetoids in the strict sense:

- They are unstable bodies, often referred to as comets in the making.
- Their orbits cross those of the giant planets (Jupiter, Saturn, Uranus, Neptune), making them ‘passers’ between worlds.
- Their name refers directly to the mythology of the centaurs, hybrid figures, half-man, half-horse, embodying the contradictions between instinct and consciousness.

Centaurs occupy a unique place in the astrological sky. Discovered at the end of the 20th century, these celestial bodies with unstable orbits are neither simple asteroids nor true planets. Both wandering stars and comets in the making, they cross the spheres of the giant planets like messengers crossing the boundaries between worlds.

Their name links them to the centaurs of Greek mythology, half-human, half-animal creatures embodying the tension between wild instinct and the quest for consciousness. From Chiron, the wounded healer, to Pholus, the revealer of what escapes us, to Nessus, the poisoned shadow that forces change, each centaur seems to invite us to confront our own contradictions.

In mindfulness astrology, Centaurs are not stable forces like planets, nor are they inner nuances like asteroids.

They are points of passage, places of crisis and metamorphosis. They shed light on those areas of ourselves where the old world no longer works, but where the new has not yet been born.

Studying the Centaurs is therefore an exploration of the initiatory rifts that run through our lives, those moments when suffering, loss or disorientation paradoxically become thresholds to a broader consciousness.

We will explore this unique constellation of symbols, starting with Chiron, the best known and most widely studied, then we will reflect on Pholus, Nessus and other emerging figures. For as astronomy discovers new Centaurs, astrology gains new opportunities to refine its reading of the transition zones, where humans discover their fragility and yet their calling to transform themselves.

Lesson 31 Centaur Chiron in sign, house and aspect

Chiron causes nothing. It does not hurt, heal or influence. Through the synchronicity of the astrological chart, it symbolises a living force within us, often dormant: that of shared resilience. Wherever Chiron is located in our chart, it highlights an inner space of fracture, a threshold yet to be crossed, a point of tension between our human condition and a broader consciousness seeking to emerge.

Chiron is a key. Not an external key, but a key that is already there, within us. It points to the symbolic place where suffering, when welcomed with full awareness, becomes a passage. It is precisely at this point of vulnerability that a breach opens up – not a wound to be closed, but an opening to being. Suffering is no longer a mistake or an accident to be corrected, but a call to presence, a moment of awakening that cracks the defences of the ego.

Through the process of resilience in the face of our own suffering, a breach opens within us. And this breach is not just a scar: it is a point of contact with something larger than oneself, a broader consciousness, which the ancients called the Self, and which transpersonal astrology evokes through Uranus, Neptune and Pluto. Chiron, through its position in the chart, signals the place where our personal history reaches its limits, where an opening becomes possible.

This passage is not an individual achievement. The strength symbolised by Chiron is not meant to lift us up alone, but to connect us to others. For where we have suffered and gone through, where we have delved into ourselves to emerge more conscious, we become capable of supporting others on their own path. This is shared resilience. Not a lesson to be taught, but a presence to be embodied. Wisdom born of experience, not words.

Chiron's path is that of humanity embraced. It does not seek to suppress our flaws, but to inhabit them fully. What Chiron points to in the astrological chart is our potential to transform our vulnerabilities into resources of awareness, not by controlling them, but by allowing them to pass through us with clarity and gentleness.

Thus, Chiron in a chart is not a celestial influence, but the symbolic reflection of an inner dynamic, a living process that we carry within us. Understanding Chiron means recognising that what hurts us is also what connects us to others. And that our inner journey, far from being a private matter, becomes a gift to offer.

What Chiron points to in the astrological chart is not an external influence, but an inner space: the space where suffering, once accepted, ceases to isolate us and becomes a passage to a broader consciousness.

As this awareness flows through us, compassion arises naturally. Not as an external feeling to be cultivated, but as a natural resonance. When the breach opens, it is not only a wound that heals: it is a connection that is re-established

with life, with others, with the world. We no longer feel the need to protect ourselves or appear invulnerable. On the contrary, we feel that our experience can be useful, not because it is exceptional, but because it is human, true, embodied.

We naturally feel the need to share, not to fix the other person, but to bear witness to what is possible, to offer a presence, a word, a silence, a look that says: *you can do it too*.

Chiron symbolises this strength within us: the strength of shared resilience, which does not seek to impose itself but acts through resonance. In a world searching for meaning, one of the greatest gifts we can reveal is this ability to respond to the silent call of consciousness, which seeks to open a breach within us through the language of suffering. When we welcome this opening, consciousness unfolds and, with it, a living, natural compassion emerges, asking only to be shared.

The sign in which Chiron is located symbolises the vibratory quality of the inner breach. It indicates the particular way in which suffering has been experienced or is likely to be experienced — not as a factual event, but as a psychological climate and existential feeling. This sign gives an emotional, mental or energetic colour to this vulnerability: it expresses the form taken by the threshold between our personal history and the consciousness that is seeking to emerge. It suggests how the silent call of consciousness manifests itself through suffering, how we resist it, but also how we can respond to it and then share

it. It is the tone of the path to resilience, the language of fracture as much as that of presence.

The house in which Chiron is located indicates the area of life where the breach opens up. It is not a place of failure, but an existential space where our usual reference points may falter, where a feeling of lack, inadequacy or powerlessness may arise, often repeatedly or diffusely. It is here that consciousness calls out to us through discomfort, excess or emptiness, to bring us back to ourselves. It is also in this area of life that, once we have crossed the threshold, our experience of resilience becomes a resource for others. The house therefore shows where we are called upon to embody a form of conscious presence, a silent solidarity born of what we have gone through.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Chiron in Astrology*** by Jérôme Zenastral

This book offers an in-depth exploration of the symbolism of Chiron in astrology, a unique and powerful figure in the natal chart. You will discover the interpretation of the 144 combinations formed by Chiron in the 12 signs of the zodiac and the 12 astrological houses. Each combination reveals a specific nuance of the process of resilience: the sign indicates the tone of the inner fracture, the way in which consciousness seeks to emerge through a particular sensitivity; the house, meanwhile, designates the area of life where this opening can occur, where our personal

history encounters a limit, but also a potential for transformation.

Beyond this dual reading of sign and house, the book also explores the aspects that Chiron forms with other planets. These aspects reflect symbolic interferences between different psychic forces, revealing how our path of resilience interacts with other dimensions of our being. Aspects of relaxation indicate a more natural flow of integration, while aspects of tension signal areas of resistance where the ego struggles to let go, but where a broader consciousness is waiting to emerge.

To understand these configurations, it is essential to keep in mind my personal view of astrology, based on the principle of synchronicity. I do not believe that the planets exert an influence on our psyche or our destiny. There is no celestial causality. The planets, in their position at the moment of our birth, simply reflect a state of our being — they are a symbolic mirror, a living language that allows us to better understand our inner dynamics, our necessary passages, our thresholds of consciousness.

It is with this interpretation that I invite you to explore the pages of this book.

Lesson 32 Planetoids in astrology

Planetoids are intermediate celestial bodies, most of which are located beyond Neptune, in the Kuiper belt or in the still poorly understood outer reaches of the solar system. Their discovery is recent and ongoing, constantly expanding our view of the universe. Unlike asteroids, which are mainly located in the belt between Mars and Jupiter and are linked to personal psychic nuances, planetoids seem to invite us to think bigger and broader: they open up a field of collective consciousness.

Mindfulness astrology can see a correspondence here: as humanity broadens its view of the universe, it also discovers that it is part of a global, interconnected, transgenerational destiny.

Methodology for approaching planetoids

To work with these new bodies, we can propose a four-step method:

Name and mythology

Each planetoid is given a name, often inspired by various mythologies (Greek, Roman, sometimes other traditions). This name is the first symbolic gateway. The aim is not to force an interpretation, but to identify the archetypal resonance: what figure, what story, what energy does this name seem to evoke?

Astronomical characteristics

- **Distance**: the further away the planetoid is, the more it seems to be connected to collective, intergenerational, or even transpersonal dynamics.
- **Orbital eccentricity**: a highly elliptical orbit can symbolise a force that acts on the margins, disrupting the established order and taking us off the beaten track.
- Orbital inclination: very high inclinations (sometimes more than 30° from the ecliptic) can represent energies that do not fit into the norm, inviting us to rethink our collective frameworks.

The idea is to draw metaphors of consciousness from these astronomical characteristics, linking them to the way humans situate themselves in the universe.

Inner experience

Beyond its mythology and astronomical data, each planetoid can be explored through a question of experience:

- What does it awaken in us, individually, but which always spills over into the universal?
- What passages, what confrontations, what realisations does this symbol activate?

This is where we can distinguish planetoids from asteroids: their function is not to describe subtle psychic

nuances, but to awaken in us a connection to something larger, which goes beyond the strict framework of the ego.

Collective dimension

Planetoids seem to carry collective memories and dynamics:

- Historical or civilisational transformations.
- Planetary awareness (ecology, connection to the cosmos, survival of the species).
- Confrontations with forces that transcend the individual (global crises, shifts in consciousness, transition from one age to another).

In this sense, they are like signals of collective evolution, indicating that humanity is called upon to expand its consciousness and integrate what was previously marginal or invisible.

The main planetoids studied in astrology

Eris: *The force of disruptive truth*

Mythological link

Eris is the Greek goddess of Discord. In the myth of the Judgement of Paris, she introduces the apple of discord, which leads Paris to choose between three goddesses:

- Aphrodite (Love)
- Athena (Wisdom)

- Hera (Power)

By choosing love alone, Paris broke the necessary balance between the three fundamental forces of being. This imbalance led to the Trojan War, revealing that love without discernment or anchoring power is blind and destructive.

Symbolic characteristics

Eris highlights the Triad of Being: Love, Wisdom and Power.

- Wisdom without Love becomes cold and dogmatic.
- Power without Wisdom is tyrannical and destructive.
- Love without Power is naive and vulnerable.

In a natal chart, Eris indicates the point where life confronts us with this need for balance: where discord arises, a profound lesson lies hidden.

Inner experience

Eris' position tests the coherence of our being:

- If wisdom is lacking (Athena): we act on impulse, then regret it.
    - Strategy: cultivate silence, observe before acting, separate emotions from actions.
- If power is lacking (Hera): we understand but don't dare.

    - Strategy: act small, take concrete steps, start a movement.
- If love is lacking (Aphrodite): we are effective but cold, cut off from others.
    - Strategy: develop empathy, include collective well-being in our decisions.

Collective dimension

Eris acts as a revealer of a system's flaws. She does not create discord on a whim, but to highlight the fractures in an order that was thought to be stable. She is therefore a disruptive factor of truth: what appears to be breaking apart is in fact an invitation to restore unity.

Taoist parallel

The three forces of Eris are echoed in the Three Treasures (San Bao) of Taoism:

- Power (Hera) ↔ Jing: essence, rootedness, life force.
- Love (Aphrodite) ↔ Qi: energy in motion, connection, relationship.
- Wisdom (Athena) ↔ Shen: consciousness, clarity, light of the mind.

Like Taoism, Eris teaches us that the health of the being depends on the harmony of these three forces.

Haumea: *The Force of Creative Regeneration*

Mythological link

In Hawaiian mythology, Haumea is a goddess of fertility and birth. She has the power to give life from her own body, but also to be reborn herself in different forms. She embodies the unbroken cycle of creation, death and rebirth.
Through this myth, Haumea reveals that life is never static: it transforms, regenerates and reinvents itself continuously.

Astronomical characteristics

Haumea is a unique trans-Neptunian object:

- It is extremely elongated, almost egg-shaped.
- It rotates very quickly (once every four hours).
- It has a ring system (rare for a planetoid) and two moons.

These astronomical characteristics feed into the symbolism:

- Rapid rotation: a rhythm of intense transformation and regeneration.
- Ovoid shape: image of a cosmic egg, archetype of birth.
- Rings and moons: resonance of a nurturing field, like a matrix that gives birth.

Haumea thus becomes the symbol of a matrix force that perpetuates the cycle of life.

Inner experience

On a psychological and spiritual level, Haumea embodies:

- The ability to be reborn internally after a trial.
- The courage to strip away what is fixed in order to welcome new vitality.
- A fundamental creativity that does not come from the ego but from a deeper source, rooted in the flow of life.

Where Haumea acts in a natal chart, she highlights a potential for reconstruction, sometimes after a crisis, as if the person carried within them a sanctuary of rebirth.

Collective dimension

Unlike asteroids, which touch the intimate, Haumea acts on collective dimensions:

- It can be seen as a metaphor for humanity's resilience: even after collapse, life finds a way.
- It invites us to rethink our relationship with the Earth as a living matrix, to honour natural cycles and the fertility of the universe.
- In a broader sense, Haumea can symbolise the reinvention of societies after periods of chaos or global crisis.

Haumea is not here to predict an external future, but to reflect an internal synchronicity:

- She highlights our inner capacities for regeneration.
- She reminds us that all destruction contains the seeds of creative rebirth.
- She teaches us that the balance of life does not lie in permanence, but in the dance of cycles.

Makemake: *The Primordial Creator and the Quest for Meaning*

Mythological link

Makemake is the great creator god of Easter Island (Rapa Nui). He is associated with the birth of humanity, fertility cycles and the sacred link between humans and the forces of nature. He was honoured in the famous 'birdman' cult (*Tangata manu*), an initiation ceremony in which the clan chief had to bring back the first egg of a sacred bird from a steep cliff. Makémaké therefore embodies both the original creation and the initiatory quest that renews the link between man and the cosmos.

Astronomical characteristics

Makemake is a trans-Neptunian planetoid discovered in 2005:

- It is comparable in size to Haumea and Eris.
- Its surface is covered with methane ice, giving it a distinctive shine.
- Its orbit is very distant and eccentric, reflecting a trajectory off the beaten track.

Symbolically:

- The shiny ice can evoke an ancient memory, like a frozen deposit from the origins.
- The eccentric orbit illustrates a force that does not act within the norm, but opens up new paths.
- The quest of the bird-man is reflected in this idea: to meet Makemake, one must leave one's comfort zone, face challenges, and bring back a spark of creation.

Inner experience

In an astrological theme, Makémaké invites us to:

- Rediscover our inner creative power, not as the will of the ego, but as an act in resonance with the cosmos.
- Go through initiatory trials: what seems difficult or marginal becomes a path to a broader consciousness.
- Question the meaning of our presence in the world, as a humanity seeking to reinvent itself in connection with the Earth and the sky.

Makémaké speaks of this inner force that is not content with ‘reproducing’ but inaugurates, creates something new where there was nothing before.

Collective dimension

Makémaké acts on a collective level in several ways:

- It symbolises the founding myths that structure a civilisation. Wherever it appears, a society is seeking to redefine its narratives, values and rituals.
- It highlights the need for a spiritual ecology: reconnecting with the living as a sacred dimension, rather than as a mere resource.
- It questions humanity about its collective creative capacity: what do we want to create together, as a new culture or a new global narrative?

Makémaké in mindfulness astrology

Makémaké is not simply a personal factor. It reflects:

- The initiatory quest that is lived through us, but which transcends us.
- The synchronicity between our inner struggles and the way in which humanity itself seeks its future.
- The possibility of becoming, individually, a conveyor of meaning, the one who brings the 'sacred egg' back to their community: a creative breath, a living word, a new vision.

Makémaké teaches us that existence is a permanent rite of passage. Every human being is called to be an inner bird-man, to face their cliffs, to dive into the unknown and bring back the seed of a new world.

Quaoar: *the dancer of cosmic order*

Mythological link

Quaoar comes from the mythology of the Tongva, an indigenous people of California. He is described as a being who, through dance and song, brought the world into being. He does not impose creation through force or combat, but through rhythm, harmony and sacred movement. His function is not to dominate but to order: through celebration, he puts each element in its place in the great fabric of existence.

Astronomical characteristics

Quaoar is a large trans-Neptunian planetoid discovered in 2002.

Its orbit is almost circular and fairly regular, which distinguishes it from the highly eccentric trajectories of Eris and Makemake.

It is notable for its size, which is almost that of Pluto.
It is accompanied by a satellite, Weywot, whose name also comes from the Tongva pantheon.

Symbolically, its stable orbit reflects the idea of a harmonising force, capable of integrating diversity into a common rhythm. The presence of a satellite evokes the principle of the duo, dialogue or echo that accompanies all creation.

Inner experience

Quaoar introduces the notion of creation through celebration. Where it appears in a chart, it indicates our ability to restore inner order not through constraint but through dance and flexibility. It is the art of reintroducing rhythm into a chaotic life, of transforming confusion into choreography. It can also manifest as a call to express one's creativity in a ritualistic way, through symbolic gestures that re-enchant existence.

Collective dimension

On a collective level, Quaoar invites us to rediscover ritual, not as superstition, but as a space for reconnection. It reminds us that humanity needs to celebrate together to maintain its connection with the cosmos. It questions the loss of rituals in modern societies and paves the way for their reinvention in new forms: artistic, communal, spiritual.

Quaoar in mindfulness astrology

Quaoar appears as a guide for transforming dissonance into rhythm. He does not seek to erase contradictions, but to set them in motion so that they harmonise with a greater music. He represents a consciousness that knows that life is dance, and that dance is the deepest way of coexisting with impermanence.

Orcus: *the guardian of oaths*

Mythological link

Orcus belongs to Roman mythology. He is often equated with Pluto or Hades, but with a particular nuance: Orcus is the god who punishes those who break their oaths. He does not rule so much over death in general as over the transgression of one's word. His realm is that of fundamental loyalty, of the integrity that binds humans to their sacred commitments.

Astronomical characteristics

Orcus is a large trans-Neptunian planetoid discovered in 2004.

– Its orbit resonates with that of Neptune, almost identical to that of Pluto but inverted (when Pluto is at perihelion, Orcus is at aphelion).
– It has a moon, Vanth, whose name comes from an Etruscan psychopomp (guide of souls) deity.

Symbolically, this mirror image of Pluto's orbit gives it a complementary function: where Pluto transforms through trial and symbolic death, Orcus questions fidelity to one's inner oath. Its moon Vanth reinforces the idea of a passage, an accompaniment to the beyond of illusions.

Inner experience

Orcus, in a chart, evokes the relationship to inner truth and to one's word. It is the voice that calls us to order when we stray from our inner axis. Its function is not to punish in the external sense, but to reveal the inner consequences of any breach of loyalty to oneself. It can also manifest as a demanding conscience that does not tolerate compromise on essential matters.

Collective dimension

Collectively, Orcus confronts us with the relationship between humanity and its deep commitments: promises made to the Earth, to future generations, to the values of justice and truth. It reminds us that breaking these pacts leads not only to visible crises but also to a loss of collective soul. Orcus questions modern societies about the depth of their commitment beyond rhetoric.

Orcus in mindfulness astrology

From a mindfulness perspective, Orcus invites us to listen to the silent oath that every being carries within them: to be true to their inner truth. It connects us to an ethic that is broader than social morality, a living law that transcends conventions. Working with Orcus means learning to honour that which cannot be betrayed without darkening our being.

Ixion: *the test of transgression*

Mythological link

In Greek mythology, Ixion was a mortal king who committed several serious crimes: after killing his father-in-law, he was welcomed by Zeus on Mount Olympus. But he then attempted to seduce Hera, Zeus' wife. To punish him, Zeus tricked him into believing that he possessed Hera, when in fact he was uniting with a cloud that looked like her. From this illusory union, the Centaurs were born. Ixion was then condemned to spin eternally on a wheel of fire in the Underworld. He thus embodies hubris (excess), ingratitude and the transgression of sacred limits.

Astronomical characteristics

Ixion is a trans-Neptunian planetoid discovered in 2001.
It is similar in size to Ceres and belongs to the Kuiper belt family of objects.
Its orbit is eccentric and inclined, symbolically bringing it closer to the forces of imbalance and deviation from the usual trajectories.

Inner experience

In a personal chart, Ixion highlights our shadow areas related to transgression, to the temptation to cross the boundaries of what is right. This is not just a moral prohibition, but the temptation to manipulate, seduce or abuse power for one's own benefit. Its energy confronts us with the question: what do we do when we receive a gift

or a favour? Do we recognise its value, or do we seek to profit from it? Ixion can be a mirror of ingratitude, but also a place of possible redemption if we learn to recognise our mistakes.

Collective dimension

Collectively, Ixion speaks of abuses of power, betrayals of trust, cycles of corruption and domination. His myth warns against forgetting gratitude and responsibility in the management of collective gifts (wealth, knowledge, natural resources). On a higher level, Ixion questions humanity's ability to transform its mistakes into learning, to draw wisdom from past transgressions rather than repeating them.

Ixion in mindfulness astrology

In a mindfulness approach, Ixion is not simply the ‘punisher’ but a revealer: he highlights the illusions we cling to and the excessive desires that distract us from our truth. His energy is harsh, but it invites humility and gratitude. Working with Ixion means learning to recognise the excesses of the ego, to see how greed can create our own wheel of fire, and to find the path to inner transformation through lucidity.

Varuna: *cosmic law and sacred order*

Mythological link

Varuna is a very ancient Vedic deity from India. In the Rig-Veda, he is the guardian of cosmic order (ṛta), the guarantor of truth and justice. He watches over oaths, promises and the invisible laws that maintain harmony in the world. Although associated with the celestial waters and the immensity of the ocean, he is above all the one who 'sees everything' and punishes deception. Over time, Varuna lost his central role to Indra, but he remains a figure of spiritual and moral sovereignty.

Astronomical characteristics

Varuna is a large trans-Neptunian planetoid discovered in 2000.
– It is part of the Kuiper belt and has a relatively stable orbit.
– It is significant in size (about half the size of Pluto).
– Its name, chosen by the International Astronomical Union, already reflects this dimension of universality and higher law.

Inner experience

Varuna in an individual chart highlights our relationship with truth, keeping our word and inner transparency. It points to the inner consequences of our pretences and the importance of living in accordance with our deepest commitments.

It is an energy that pushes us to recognise that there is a higher consciousness within us that observes and measures the rightness of our actions, far beyond social or cultural norms. With Varuna, the inner experience is one of confrontation with fundamental ethics: ‘Am I in tune with my inner truth?’

Collective dimension

On a collective level, Varuna represents the cosmic order that underpins human life and the fragility of societies when invisible laws are flouted. It evokes the need for justice that transcends human rules, a justice rooted in universal balance. It can be associated with major crises of collective confidence: corruption, the collapse of values, manipulation of the truth. But it also serves as a reminder: collective structures that lose their alignment with the living order eventually dissolve.

Varuna in mindfulness astrology

Varuna can be read as the star that reminds us of the presence of an immutable order, not imposed from outside but present as an intimate resonance of consciousness. Working with Varuna means returning to an inner loyalty, a responsibility to universal truth. Its function is not punitive but regulatory: it brings us back into alignment with that which cannot be betrayed without consequence.

Sedna: *the depths of abandonment and fusion with the forces of the ocean*

Mythological link

Sedna comes from Inuit mythology. She is a young woman betrayed and rejected by her father, who abandons her in the icy ocean to save his own life. Cut off at the fingers as she tries to cling on, she is transformed into a goddess of the deep sea. Her fingers become the sea animals on which humans depend for their survival, making her a figure of pain, sacrifice and generosity.

Sedna thus embodies abandonment and irreversible loss, but also the regenerative power that comes from descending into the abyss.

Astronomical characteristics

Sedna is a planetoid discovered in 2003.
Its orbit is one of the most eccentric known: it takes approximately 11,400 years to orbit the Sun.
It never actually approaches Neptune, which places it in a still poorly understood area at the edge of the solar system.
– It is one of the most distant celestial bodies ever observed, on the border between the known and the unknown.

Inner experience

Sedna in a chart speaks of deep wounds, often linked to abandonment, exclusion or betrayal. These wounds cannot

be healed by logic or the ego, but require a journey through the inner abyss.
It invites us to recognise that within our most painful flaws lies a source of regeneration. Like Sedna, who becomes the nurturing matrix of the oceans after being mutilated, we discover that what has been lost can be reborn in another form.
Working with Sedna means learning to trust unconscious forces, to allow what nourishes us to rise from the depths.

Collective dimension

On a collective level, Sedna highlights the wounds inflicted on the Earth and the oceans, and the need to restore a sacred connection with the ecosystem. She is the guardian of the depths of the sea, of what is threatened with oblivion or destruction by humanity.
Her extremely long cycle connects our era to very long-term dynamics: she speaks of the traces left in the collective unconscious by planetary traumas (extinctions, collapses, historical fractures).

Sedna in mindfulness astrology

In this approach, Sedna is an invitation to descend into the heart of impermanence and abandonment, not to shut ourselves away, but to discover a force of reconnection. She does not promise us immediate reconciliation, but she opens us up to the experience that our inner depths are inhabited by a nurturing power greater than ourselves.

Chaos: the cradle of possibility

In Greek mythology, Chaos is not disorder in the modern sense of the word, but the primordial opening, the matrix void from which everything emerges. Before Earth, before Heaven, even before Night and Eros, there was Chaos: a gaping void, a breath, a fertile abyss.

Astronomical characteristics

Chaos is a planetoid discovered in 1998.
Its orbit is relatively stable, similar to that of classic objects in the Kuiper belt, with a revolution period of approximately 309 years.

Its trajectory is not very eccentric and moderately inclined, as if behind the name ‘Chaos’ lies a secret and discreet order.

With an estimated diameter of around 600 km, it belongs to the large bodies of the trans-Neptunian belt, a silent guardian of unexpected stability at the edge of the solar system.

Astrologically

Chaos does not represent destructive disorder but the field of all possibilities.

In the natal chart, it points to the place where we experience ‘not knowing’, a void which, far from being an absence, is in fact a reservoir of creativity. It is the place

where consciousness must let go of its attachments, certainties and repetitive patterns in order to welcome the unknown.

Thus, where Chaos is found, we encounter a particular lesson: that of daring to enter the void without clinging to old structures. This abyss can be frightening, as it seems to threaten our identity, but it is also the gateway to renewal. When we are fully aware, Chaos is an invitation to observe our resistance to emptiness and formlessness, and to see it not as a danger but as an opening.

If we resist Chaos, we try to fill this void at all costs, clinging to illusions or artificially creating ‘noise’ so as not to feel the vertigo. But if we accept its teachings, Chaos becomes a springboard: the inner space from which radical and unexpected creativity springs forth.

One could say that Chaos confronts us with our deepest fear: the fear of being nothing. But this confrontation leads to an even greater discovery: if we are nothing fixed, then we can be everything, at every moment.

In this sense, Chaos is a paradoxical guide. It offers us neither certainties nor stable structures, but the possibility of inhabiting mystery. Its place in the natal chart illuminates the area of life where we are called to let go of our bearings and dive into the unknown — and be reborn.

Typhon: *untamed power*

Typhon is a centaur discovered in 2002.

– Its orbit is highly eccentric: it takes around 236 years to complete its journey around the Sun, oscillating between relatively close and distant areas.

– Its trajectory is almost aligned with the plane of the ecliptic, as if its power acts on the collective fabric itself.

– A rare feature: Typhon is accompanied by a satellite, Echidna, forming a celestial couple whose existence illustrates a force always linked to a counterpart, a duel or a union of energies.

In Greek mythology, Typhon is a monstrous being, born of Gaia to challenge the gods of Olympus. His hundred fire-breathing heads, deafening cries and gigantic stature make him an embodiment of the wild, chaotic and indomitable force of nature. Even Zeus had to fight hard to defeat him and imprison him under Mount Etna.

Astrologically, Typhon represents those forces within us that are beyond conscious control. Wherever he is placed in the natal chart, he points to an area where raw, instinctive, primal energy erupts. He is not an inner enemy, but a power to be recognised: Typhon reminds us that we carry within us a wild dimension that transcends conventions and rational structures.

In full awareness, Typhon is an invitation not to repress this power but to give it space to express itself. If rejected, it acts like an inner volcano that explodes without warning. But if welcomed, it becomes a vital energy that nourishes creativity, life force and the capacity for transformation.

Typhon confronts us with the limits of our control. It shows us that certain forces are not there to be mastered but to be honoured. It is the experience of the storm, of the inner fire, of the raw energy that passes through humans as it passes through the Earth. In this sense, Typhon reminds us that we are not only peaceful consciousness, but also telluric force, fiery impulse and cosmic breath.

In a theme, Typhon illuminates the place where we are invited to encounter this intensity. His lesson is demanding: to accept not to dominate, but to inhabit an energy that transcends us and connects us to the immense force of life.

Gonggong: *creative resilience after collapse*

In Chinese mythology, Gonggong is an aquatic deity, often depicted as a red dragon-serpent. He is known for causing cosmic chaos: according to legend, while fighting another god (Zhuanxu), he struck one of the celestial pillars supporting the sky. This act upset the balance of the world: rivers overflowed, the seasons became unstable, and humanity was plunged into chaos. The goddess Nüwa had to repair the broken sky using stones of five colours.

Gonggong therefore embodies the destructive power of water, but also serves as a reminder that disorder can lead to greater reorganisation.

Astronomical characteristics

Gonggong was discovered in 2007.

It is a large trans-Neptunian planetoid with an estimated diameter of approximately 1,230 km (almost half the size of Pluto).

Its orbit is highly eccentric and inclined, completing one revolution around the Sun in approximately 554 years.
It is located in the Kuiper belt, but with an irregular trajectory, reflecting the image of a ‘disruptive’ entity that does not follow the regular movement of other bodies.

Mindfulness symbolism

Gonggong evokes the forces of overflow within us and in the collective: emotions that break down barriers, situations that seem to shake everything, ecological or social crises that shatter certainties.

From a mindfulness perspective, it represents:

The need to recognise the chaotic areas of our psyche and the world, without running away from them.

The experience that chaos is not an end, but an opportunity for reorganisation.

The reminder that disorder brings forth healing forces (like Nüwa sewing the sky back together).

Thus, Gonggong can be seen as a collective archetype of modern times: he speaks of ecological imbalance, planetary and emotional upheaval, but also of the creative resilience that can emerge after a collapse.

In mindfulness astrology, we could say:

Gonggong is the wave that submerges our structures to reveal what, within ourselves and our societies, needs to be repaired or reinvented.

Salacia: *guardian of the discreet depths*

In Roman mythology, Salacia is a sea nymph and the wife of Neptune (equivalent to Poseidon). Her name comes from *salum* (big waves, sea foam). She represents aquatic abundance, the beauty of the deep sea and the hidden but fertile part of the ocean. It is said that she initially refused Neptune's marriage proposal and hid herself, but he sent a dolphin to convince her. She eventually accepted, becoming the queen of the seas, symbolising an alliance between the impulse of desire and the power of the ocean.

Astronomical characteristics

Salacia was discovered in 2004.
It is a trans-Neptunian planetoid in the Kuiper belt.

- Its diameter is estimated at around 850 km, which classifies it as a large trans-Neptunian object.
- It orbits the Sun in approximately 270 years, with a relatively stable trajectory and moderately inclined to the plane of the ecliptic.
- It has a moon, Actaea, which symbolically emphasises the idea of relationship, companionship or reflection.

Symbolism of mindfulness

Salacia evokes the hidden, deep and intimate dimension of the collective ocean. Where Neptune embodies mystical immensity, dissolution and unity, Salacia reveals its inner femininity, silent fertility, and the art of withdrawing into the invisible in order to better welcome.

From a mindfulness perspective, she symbolises:

- The ability to welcome what lies hidden within us, our discreet resources, our inner silences.
- The experience that spiritual fertility does not always show itself on the surface, but is prepared in the depths.
- The link between the individual and the collective: like Actaea who accompanies Salacia, our relationships can serve as a mirror to the inner oceans that we do not always dare to see.

In mindfulness astrology, Salacia is the guardian of the hidden depths. She invites us to recognise that what does not immediately shine, what lies hidden in the shadows of

our unconscious, can be an immense source of abundance and reconnection.

Huya: *the wisdom of alternation*

Huya takes its name from a deity of the Wayuu peoples (Colombia and Venezuela).

He is considered the god of rain, master of seasonal cycles, and bringer of fertility and abundance to the land. In this tradition, rain is not just a meteorological phenomenon, but a sacred blessing that nourishes, connects humans to the earth, and reminds us of the interdependence between nature and humanity.

In some stories, Huya also represents the dance of the seasons, the alternation between drought and abundance, a fragile but vital balance.

Astronomical characteristics

- Discovered in 2000, Huya is a trans-Neptunian object in the Kuiper belt.
- Its diameter is estimated at around 400 km.
- It orbits the Sun in approximately 250 years.
- Its trajectory is relatively eccentric, with a moderate inclination, which causes it to move cyclically closer to and further away from the Sun.
- Huya has a moon, which has not yet been studied in detail, symbolically emphasising the idea of an accompanying cycle.

Mindfulness symbolism

Huya connects us to an awareness of life cycles. It teaches us that nothing is permanent: rains come and go, seasons change, periods of drought follow periods of abundance. From a mindfulness perspective, Huya can symbolise:

- Acceptance of change in our lives: inner dryness and abundance, clarity and confusion, silence and fertility.
- Gratitude for what returns, like the rains that nourish the earth: everything that regenerates in our lives deserves to be celebrated.
- Dancing with impermanence: recognising that harmony arises from movement, not from a fixed state.

In mindfulness astrology, Huya embodies the wisdom of change. It reminds us that life is not linear, but cyclical, and that every dry spell already contains the seeds of the rain that will come.

Lesson 33 Retrograde planets

When a planet is retrograde, its apparent movement as seen from Earth seems to go backwards. Symbolically, this is not a 'malfunction,' but a change in the direction of the light of consciousness: from the outside to the inside. Instead of expressing itself immediately in the world, energy becomes introspective, reflective, meditative. It questions more than it affirms. It retraces its steps, revisits, reconsiders.

Retrogradation confronts us with the inner echo of planetary function: it is less a spontaneous act than a re-reading, less a flow towards the other than a dialogue with oneself.

When a planet is retrograde in a sign, it invites us to revisit the way we experience the energy of that sign internally. It is as if the planetary function, instead of projecting itself directly into the world, must first be experienced and understood in the intimacy of our being. The sign then becomes a field of inner experimentation, an atmosphere where awareness becomes deeper, but also slower, often requiring us to revisit familiar experiences in order to extract a more authentic lesson.

Similarly, when a retrograde planet is in a house, it illuminates the corresponding areas of life from a more internalised perspective. Situations related to that house may seem to move forward with restraint, requiring repetition or readjustment, not because of a lack of opportunities, but because they require inner maturation.

Retrogradation then transforms the house into a space for reflection and revision, where what is experienced externally finds its true meaning through intimate experience and the gradual understanding we gain from it.

Note:

When a transpersonal planet is in retrograde, it does not lose its role as a vector of individual and collective transformation. It still acts within each of us, but its dynamics invite us to look within ourselves. Uranus, Neptune and Pluto represent forces that transcend the ego and open our consciousness to broader dimensions: inner freedom, spiritual inspiration and profound regeneration. However, these forces may have been misunderstood or misused in the past, due to a lack of presence or attention. Retrogression then reminds us of the need to 'go back to the drawing board', to revisit our behaviours and re-examine how we have integrated these energies. It pushes us to pick up where we left off on our evolutionary path in order to experience these forces with greater accuracy, awareness and fidelity to our true nature.

Reading: ***Les planètes rétrogrades*** by Jérôme Zenastral

In this book, Jérôme Zenastral explores the meaning of retrograde planets through 144 detailed combinations: the 12 signs of the zodiac and the 12 astrological houses. Each interpretation sheds light on a particular dimension of the inner work that retrogradation invites us to undertake: revisiting our impulses, re-examining our attitudes, and finding a deeper coherence with ourselves.

True to his vision of astrology based on synchronicity, Jérôme Zenastral reminds us that there is no direct influence from the stars, but rather a symbolic language that reflects our inner dynamics. Retrograde planets then become valuable keys to introspection, not obstacles, but intimate passages to a broader and more authentic awareness of ourselves.

Lesson 34 Planetary Figures

Planetary figures: a tool to be used with discernment

In some astrology manuals, you will find ‘global figures’ (cosmic cross, kite, boomerang, etc.). They describe the distribution of the planets in the chart and seek to provide an overview.

This is a good way to get a general impression of the chart. But be careful:

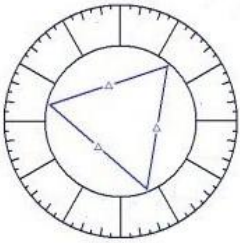
These figures do not replace the analysis of the planets in signs, houses and aspects. They provide an atmosphere, a metaphor for organisation, but they should not be used as a global diagnosis. If you make them a central key, you risk falling into contradictions: the ‘figure’ will indicate a general temperament, while the specific planets will sometimes reveal very different, even opposite, tendencies.

The correct method is therefore to:

1. Observe whether there is a figure in the chart.
2. Note it as a symbolic suggestion.
3. Then return to the detailed analysis of the planets, which remains the most accurate and precise source of information.

Here are the main planetary figures:

The grand trine (or major triangle)



The grand trine (or major triangle) reflects an inner fluidity, as if your breath were flowing effortlessly between your different psychic dimensions. You have a natural harmony that puts you easily in tune with yourself and with life, but this ease can also invite you to remain in a comfortable zone without seeking to deepen your awakening. The challenge is not to fall asleep in this ease, but to transform it into active vigilance by cultivating gratitude, nurturing your creativity, and putting this inner peace at the service of those around you.

The fire trine reflects spontaneous vitality, a surge of enthusiasm and creativity. You are invited to welcome this inner warmth as a life force, while remaining vigilant so that it does not become agitation or excess. The path consists of cultivating a conscious flame, nourished by intention and openness.

Example: Sun at 10° Aries, Moon at 10° Leo and Mars at 10° Sagittarius

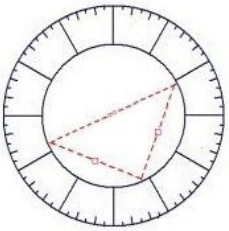
The air trine reflects mental and relational fluidity, like a natural flow of thoughts and words. You are invited to recognise the lightness of this energy and use it as a tool for understanding and sharing. The path consists of remaining vigilant so that this mobility does not become dispersion, but remains a breath of clarity and awakening. Example: Sun at 10° Gemini, Moon at 10° Libra and Mars at 10° Aquarius

The earth trine symbolises natural stability and an ability to realise your inner resources. You are invited to welcome this quiet strength as a solid foundation, while remaining vigilant so as not to become complacent in your security. Example: Sun at 10° Taurus, Moon at 10° Virgo and Mars at 10° Capricorn

The water trine reflects emotional and intuitive fluidity, like an inner current that connects you to the depths of your being. You are invited to recognise the richness of this sensitive flow, while cultivating vigilance so as not to dissolve into your feelings. The path is to welcome your emotions as gateways to awakening, rather than whirlpools that sweep you away.

Example: Sun at 10° Cancer, Moon at 10° Scorpio and Mars at 10° Pisces

The T-square



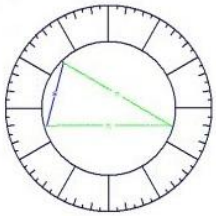
The T-square represents an inner tension that keeps you constantly in motion, as if part of you is always seeking to surpass itself. You may experience this configuration as a constant struggle or opposition between different forces within your being, which can sometimes lead to conflict or discomfort. But it is precisely in this intensity that your path to awakening lies: it forces you to remain present, to seek a living balance and to transform adversity into creative energy. Vigilance consists of welcoming these tensions not as obstacles, but as a dynamic that pushes you to grow and find a more accurate direction.

The cosmic cross, or grand square

The cosmic cross, or grand square, places you in the face of several tensions that seem to pull your being in opposite directions, as if you were torn between contradictory

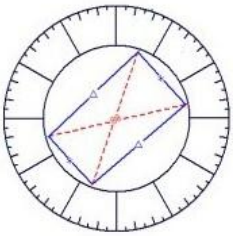
demands. This figure can sometimes make you feel like you are carrying a heavy burden, but it also contains an exceptional structuring force. Each inner confrontation then becomes an invitation to root yourself more deeply in the present moment and to find a solid centre that does not depend on opposing forces. The path consists of transforming constraint into an axis of stability, making the cross not a burden, but a point of balance where awakening is built step by step.

The Yod, or finger of God



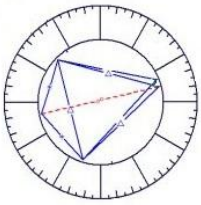
The Yod, or finger of God, places you before a particular inner orientation, as if part of your life were being guided towards a specific point that demands your full attention. This figure often manifests itself as a feeling of disconnection or subtle discomfort, as if you had to constantly adjust your inner position to find the right balance. It invites you to develop a keen awareness, to accept that some paths close in order to open others, and to recognise in these constant readjustments a call from your destiny. The path is to welcome this tension as a guide, remaining open to the subtle signs that point you towards a higher goal.

The mystical rectangle (or harmonic rectangle)



The mystical rectangle (or harmonic rectangle) offers you an inner structure made up of both tensions and harmonies, as if each difficulty naturally found a way to be resolved. This figure allows you to feel that oppositions are not necessarily fractures, but doors to a broader understanding. It teaches you to recognise that life confronts you with dualities in order to push you to seek mediation and find a living unity beyond contrasts. The path consists of cultivating the confidence that any imbalance can be integrated and transformed, drawing on your inner resources.

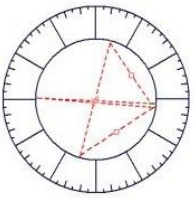
The kite



The kite represents a fundamental harmony supported by dynamic tension, as if you were carried by a fluid breath

while being stimulated by a central point that pushes you to act. This figure invites you to use your natural abilities not to remain passive, but to consciously direct your energy towards concrete achievements. It reminds you that the balance between fluidity and effort is essential: you can let your inner resources flow while putting them at the service of your deepest intentions. The path consists of remaining attentive to this point of focus, transforming ease into conscious action and channelling your potential to nourish your awakening.

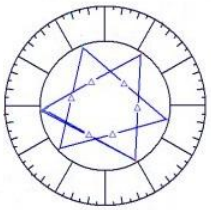
The arrow



When your chart features the figure of the arrow, it invites you to see your life as a directed movement, a dynamic that brings your different energies together in the same direction. From the perspective of mindfulness, this configuration should not be understood as a fixed destiny but as an indication of inner focus: your diverse, sometimes scattered experiences seek to come together in a point of clarity that attracts you. This arrow symbolises less an external goal than a path of presence, where each step of your journey brings you closer to the moment when energy ceases to scatter and becomes centred. It invites you to learn to welcome your contradictions and allow

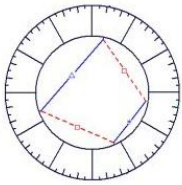
them to unify into a coherent, conscious momentum, free to unfold without tension.

The six-pointed star



The six-pointed star represents a complex and rare harmony between your inner energies, as if different flows were coming together to create a subtle and powerful balance. This figure invites you to recognise and cultivate the fluidity and integration of your talents and resources, while remaining mindful not to scatter them. It symbolises a great capacity for alignment and inner coordination, allowing experiences to be transformed into deep understanding. The path consists of welcoming this harmony as a support for your vigilance, remaining aware of every movement of your mind and using this force as a catalyst for awakening and personal fulfilment.

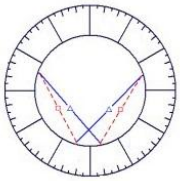
The trapeze



The trapeze represents an inner structure made up of various forces that support each other, as if your different

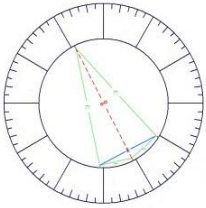
energies formed a flexible but solid balance. This figure invites you to recognise the complementarity of your talents and to observe how tensions can become supports for your growth. It symbolises the ability to transform inner diversity into coherence, while remaining mindful not to fragment your attention. The path consists of integrating these different forces with presence and harmonising your actions and choices.

The butterfly



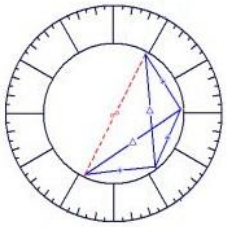
The butterfly symbolises transformation and lightness of spirit in the face of life's experiences. This figure invites you to observe your inner changes with gentleness and acceptance, as if you were following the natural movement of your metamorphoses without resistance. It represents the ability to welcome transitions and remain open to new perspectives, even when the balance seems fragile.

The Boomerang



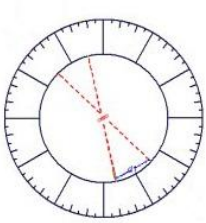
When your theme features the figure of the boomerang, it suggests that energy released outward always returns to you, not to punish or constrain you, but to allow you to know yourself better. From a mindfulness perspective, this dynamic reflects the fact that what you project, your impulses, your resistance or your struggles, ultimately becomes a mirror that reflects your own areas of light and shadow. This figure invites you to welcome life's returns with attention, even when they seem contrary to your expectations, because they carry within them the possibility of readjustment and learning. It teaches you that by cultivating presence, you can transform these responses into opportunities for integration and inner liberation, until the movement ceases to be conflictual and becomes a conscious and harmonious cycle.

The boat, the tub or the tent



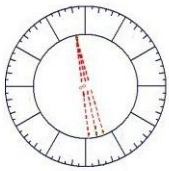
The boat, the tub or the tent represents a protective and enveloping structure, as if your energies formed a shell that supports and shelters you. This configuration invites you to recognise this inner security, but also not to shut yourself away in its comfort.

The hourglass



The hourglass symbolises a distribution of your energies between two poles connected by a narrow passage, as if your being had to constantly shift its attention from one space to another. This figure invites you to observe this movement of concentration and diffusion, to accept that each extreme needs its complement. The path consists of remaining present in this narrow passage, cultivating vigilance in these moments of transition, and transforming the alternation into a tool for inner balance.

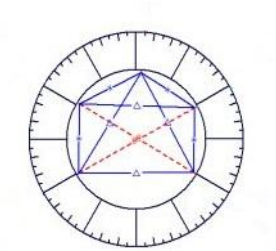
The hammer



When your chart features the hammer figure, it highlights a central tension: a cluster of planets combining their forces is confronted with opposition, creating an intense resonance between concentration and resistance. From the perspective of mindfulness, this configuration invites you to see that the energy of opposition does not contradict

your strengths, but offers them a space for testing and clarification. It teaches you that the power born of inner concentration requires dialogue with what seems external or contrary to you, so that the experience is not reduced to polarisation but broadened to a wider understanding. This hammer is then an opportunity to transform tension into conscious work, where each resistance becomes the tool that forges your inner unity and your freedom of presence.

The envelope, or open letter



The envelope, or open letter, represents a structure where your energies form a protective shape, as if they were surrounding an inner space. You are invited to recognise the value of this container, while remaining vigilant so as not to lock yourself inside it. The path consists of using this envelope as a field of presence, an invitation to inhabit yourself fully.

Workshop 1 Astrology and personal development

Reading material: ***The Happy Trinity*** by Jérôme Zenastral

Astrology, as taught in this course, is not just a tool for symbolic knowledge. It is part of a true path of inner transformation, calling each of us to know ourselves better in order to evolve towards greater clarity, serenity and freedom of being.

This first workshop directly links astrological study to the process of personal development. It invites students to cultivate an attitude of openness, introspection and mindful awareness. To this end, it draws on the book *La Trinité Heureuse*, which can be downloaded in PDF format from the school's website (see progress guide).

This book serves as a guide for developing an inner posture conducive to astrological interpretation. It explores three fundamental dimensions—the body, the mind and mindfulness—as the foundation for a balanced life and an aligned astrological practice.

The suggestions and "psycho-solutions" offered (to overcome difficulties such as shyness, lack of self-confidence, hesitation, impatience, fears, jealousy, the need for control, etc.) are primarily designed to be shared with the people you consult, as part of a study of their birth chart. These are not medical advice, but accessible suggestions, based on conscious experience, which can

enrich the dialogue and guide the person towards a finer understanding of their inner resources.

The workshop does not seek to provide ready-made solutions, but to encourage a personal commitment to listening to oneself – both for the student and for those being accompanied. *The Happy Trinity* thus offers valuable insight into integrating astrological practice into an inner lifestyle, in connection with the awakening of the Self.

Exercise – Personal reflection and practical application

After reading *The Happy Trinity*, take a moment to centre yourself and explore these questions in a journal or personal document. The goal is to develop your own posture of presence, so that you can more accurately support those who ask you to interpret their chart.

Questions for reflection:

1. What is my personal relationship with my body, mind and consciousness today?
   → Which pillar (body, mind, consciousness) is the most stable in me? The most vulnerable?
2. Which of the psychosolutions proposed in the book resonate most with my current challenges?
   → Shyness, impatience, fears, jealousy, need for control, etc.
3. How could I present these solutions in a caring way to someone who comes to me for a consultation?

→ How can astrology become a language for awakening, rather than explaining or convincing?

4. What inner qualities do I need to develop to become a conscious companion in reading charts?
   → Listening? Neutrality? Humility? Presence?
5. How can I apply a piece of advice from *La Trinité Heureuse* to a situation in an astrological chart I've studied?
   → Try to make a connection between a planetary configuration (e.g., Moon in Cancer square Mars) and a piece of advice from the book.

Educational objective: this exercise aims to link astrological practice to a mindful attitude, preparing students to offer useful and appropriate advice to the people they are supporting, in a spirit of support and non-judgement.

Workshop 2 Examples of astrological chart interpretations

This workshop brings together several examples of astrological interpretations carried out according to the approach proposed by this school: a lively, symbolic and conscious reading of the natal chart, where each element is considered as an energy to be integrated, rather than a simple fixed character trait.

The examples presented here are not models to be copied, but sources of inspiration. They will help you to:

- Observe how symbols interact with each other (planets, signs, houses, aspects),
- Grasp the spirit of living interpretation, which goes beyond technical definitions,
- Develop your own intuitive sensitivity by listening to what the chart is telling you on a deeper level,
- Gain confidence in your ability to interpret, based on concrete examples.

How to use these examples to progress:

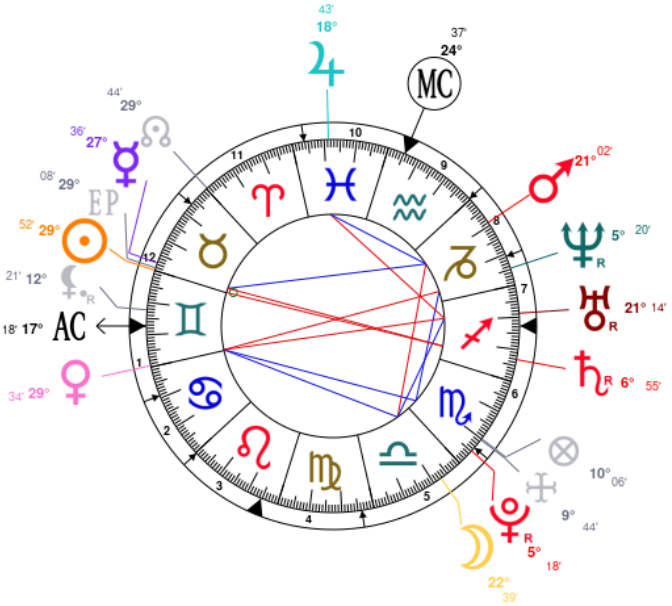
- Read one example at a time, with a clear head, and take the time to identify the elements that have been linked.
- Before reading the interpretation, look at the theme yourself (if you have it in front of you) and ask yourself: *what do I feel when I look at this card?*
- Write down your own impressions, then compare them with the suggested interpretation. This will help you to

compare your spontaneous reading with a detailed analysis, without judgement.

- Reread certain passages with the manuals or previous lessons at hand: you will be able to see how the concepts studied translate into a real chart.
- Finally, try to make your own complete interpretations of other charts, drawing inspiration from the structure or tone of the examples provided here.

Over time, you will find that your approach becomes more fluid, more intuitive, and above all more personal. Astrological interpretation is a living art that develops through practice, listening, and inner resonance.

1) Study of Emma's astrological chart



Emma, you are a woman with a lively and approachable presence, marked by a Gemini Ascendant that makes you curious, adaptable, always reaching out to others, eager for connection and sharing. Yet behind this apparent lightness lies a much greater depth: your Sun in Taurus, in the 12th house, conjunct Mercury, ruler of your Ascendant, reveals an introverted, contemplative, almost mystical nature. You carry within you a discreet but radiant light, a rare ability to devote yourself, to serve, to silently offer your inner stability to the collective or to those you love. You think deeply, slowly, with a wisdom rooted in feeling rather than pure intellect. There is a fruitful tension within you between the need to communicate and the need to

withdraw, between the call of the world and the demand for a sacred relationship with existence. Finding a space where you can exchange ideas while remaining true to your inner self is essential to your balance. Your strength does not lie in visibility, but in the consistency with which you hold your place, quietly, in service to something greater than yourself.

With your Moon in Libra in the 5th house, Emma, you are a woman who is deeply sensitive to the beauty of relationships, the elegance of form, and the grace of gestures and words, especially in the emotional, creative and educational spheres. You naturally seek to create harmony around you, especially in your romantic relationships or with children, and you have an innate talent for conveying gentleness, listening skills and a sense of justice. Your way of loving is refined and delicate, guided by the ideal of a balanced, reciprocal love made up of subtle seduction and mutual respect. This lunar placement is magnified by a trine to Venus in Gemini, which accentuates your natural charm and ease in communication and gives you a sure taste for aesthetic pleasures, light-hearted encounters and playful dialogue. Added to this is a sextile from Uranus, which infuses your sensitivity with a touch of originality, openness and freedom: you need to feel free in your emotions and to maintain a space for movement in your relationships and creative impulses. However, this beautiful structure is crossed by an inner tension, that of the square to Mars in Capricorn in the 8th house, which reveals a struggle between your desire for harmony and a more subterranean, combative force rooted in your survival or protectio . You

may experience bouts of impatience or even anger that you don't always understand, as they contradict your deep desire for peace. However, these rougher impulses are part of who you are; they teach you to set boundaries and assert yourself without denying your sensitivity. Your challenge is to unite these two poles: grace and firmness, gentleness and lucidity, to turn your emotions into a force of full, lively and free expression.

Emma, with Mars in Capricorn in the 8th house, you have a powerful, focused energy that is directed towards mastering the deep and sometimes troubling areas of existence. You approach the challenges of intimate life, committed relationships, shared money and inner transformations with a mixture of composure, patience and tenacity. You never act lightly, and your way of loving or fighting often involves silence and measured gestures, but these are imbued with real intensity. Your strength lies in your ability to weather crises without falling apart, to rebuild what collapses around you with almost stoic perseverance. But this deep commitment comes into tension with your Moon in Libra in the 5th house, which aspires to gentleness, harmony and the pleasure of loving without stakes or power struggles. This square reveals a tension between your emotional needs – for tenderness, beauty and lightness – and a darker or more demanding side of yourself, which pushes you to surpass yourself, to control, to commit yourself totally, even at the cost of conflict or tension. This can result in difficulty relaxing fully in your relationships or expressing your emotional needs in a flu . You may tend to impose excessive restraint or control on yourself, or even stifle your spontaneous

impulses. However, this conflict is also an invitation to unite two valuable forces within you: the grace of the heart and the rigour of the soul. It is not a question of choosing between sensitivity and strength, but of learning to bring them into dialogue with each other. You will benefit from listening to your need for beauty and lightness without giving up your depth, honouring your emotions without fear of losing control, and letting love flow freely even in the midst of the most intimate transformations.

Emma, with Venus in Gemini in the 1st House, you radiate a spontaneous, light, lively charm that captures attention with your words, humour and intelligent gaze. Your way of relating to others is joyful, curious, playful, and reflects a true inner liveliness. You need interaction to love, that flexible and free flow between hearts and minds, where encounters become play, dance, exploration. You seduce not only with your outer beauty, but also with your lively presence, your mobility, and your ability to establish natural, relaxed connections, often tinged with mischief. However, this beautiful lightness is put under tension by the opposition of Uranus in Sagittarius in the 7th House, which introduces a more unpredictable, sometimes chaotic, but always deeply free dimension into your emotional life. You are instinctively resistant to anything that resembles emotional constraint: you can love intensely but flee as soon as you feel trapped, or you can spark exciting but unstable relationships. There is a call within you for free, unconventional, evolv , and this can create tension between your need for connection and your need for space. This opposition also evokes a polarity between the seductive, free, playful self (House 1) and the

other, who brings otherness, commitment and difference (House 7). You are thus invited to reconcile your aspiration for independence with your deep need for authentic connection. You can never love under duress, but you can love consciously, redefining commitment in your own way: as a pact of shared freedom, mutual respect and common growth. The more you embrace your airy, changeable and inventive nature, while listening to the sincere beating of your heart, the more your relationships will become living, invigorating and deeply nourishing spaces for growth.

Emma, your Venus in Gemini in the 1st House, already so lively, spontaneous, curious and radiant, is currently entering a particularly significant period in terms of relationships, aesthetics and identity. Right now, Jupiter is transiting your natal Venus, and this is acting as a beneficial amplification of your natural qualities: your magnetism, your taste for connection and your enjoyment of relationships are being highlighted, sometimes in a striking way. This transit can offer you emotional, social or creative opportunities, fruitful encounters, renewed confidence in your power of attraction or a chance to assert yourself in the way you love and connect with others.
At the same time, however, Saturn and Neptune are transiting Aries, forming a square to Venus, which introduces a more subtle and demanding tension or con . Saturn, on the one hand, pushes you to mature in your way of loving, to become aware of certain limitations or illusions in your relationships. It may confront you with more concrete expectations, the need to set fairer boundaries, or even a fruitful solitude that refocuses you

on what is essential. Neptune, on the other hand, dissolves anything that is not aligned with your inner truth, which can sometimes create confusion and disillusionment, but also open you up to a more inspired and compassionate vision of love and connection.

This trio of transits therefore acts as a major emotional and relational readjustment: Jupiter pushes you to open up, to dare more, to shine with confidence — while Saturn and Neptune ask you not to spread yourself too thin, to remain true to yourself, and not to confuse freedom with escape, or playfulness with superficiality. This can be an extremely fruitful time if you dance with these opposing forces: welcoming what opens up with enthusiasm, while remaining attentive to what is fading away, to what no longer has a place. This is not the time to force a direction, but rather to listen to the movements of life, to feel when the wave is carrying you... and when it is better to wait for the next current. Your ability to adjust with flexibility, clarity and authenticity will be your best guide in this period of transformation and expansion.

Emma, with Uranus in Sagittarius in the 7th house, you carry within you a deep call for freedom in your relationships with others, which can sometimes come into tension with your sincere desire for harmony and union, as expressed through your Moon in Libra in the 5th house. This Moon reveals a part of you that is deeply attached to the beauty of connection, the sweetness of emotional intimacy, and peaceful, warm reciprocity. You aspire to be loved in an atmosphere of balance, respect, and emotional elegance.

Added to this is your Venus in Gemini in the 1st house, which colours your way of loving with curiosity, liveliness and lightness. You charm naturally with your words, your wit and your subtle listening skills. You need lively exchanges and a connection that remains fluid, stimulating and free of any heaviness. For you, love often begins with a meeting of minds, a playful complicity, a spontaneous understanding.

But your Uranus in Sagittarius, placed in the 7th house, invites you to another adventure: that of free authenticity in relationships. It pushes you not to settle for reassuring or simply harmonious connections. It calls you to experiment with relationships outside the established norms, which respect your fundamental need for inner truth, independence, and personal growth. It draws you to partners who are original, different, sometimes foreign in the broadest sense—culturally, philosophically, or spiritually—and regularly awakens you as soon as a relationship becomes too predictable or stagnant.

This Uranus in Sagittarius asks you to re-examine your beliefs about couples and to question what you think you "should be" in a relationship. It opens you up to the possibility of re , of reinventing the way you love and commit, in accordance with your own ever-evolving worldview.

Its position in the 7th house, the domain of partnerships, intensifies these issues. It is likely that certain crises or breakups have been, or are, necessary steps to free you

from conditioning and allow you to dare to enter into a relationship based on awareness rather than habit.

This is all the more significant given that Mars in Capricorn in the 8th house, square to your Moon, indicates that these transformations are not insignificant. You experience intimate relationships with intensity, high standards, and sometimes with a need for control or mastery in the face of deep fears. Your energy is focused on the most complex aspects of relationships: crises, sexuality, power struggles, trust and transformation.

The square between Mars and the Moon shows an inner conflict between your emotional sensitivity, which seeks harmony, and your way of acting, which is colder, more determined, and sometimes uncompromising in moments of tension. You may feel torn between the need for peace and the need to make decisions and follow through on your convictions.

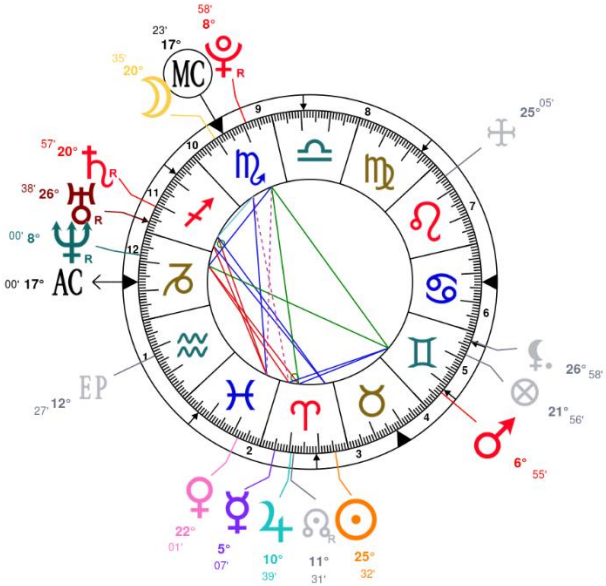
In this context, Uranus plays a revealing role. It forces you to stop cheating yourself in your emotional commitments. It asks you to release what is no longer true within you and to dare to form bonds where the truth of your relationship can breathe, even if this involves upheavals, changes of direction or temporary loneliness.

Emma, your path in relationships is rich and demanding. It is not a question of choosing between love and freedom, but of reconciling these two forces within yourself: the need for a tender, nourishing, living bond and the need to remain true to your deep essence, which is free, awake and

in perpetual motion. When you accept that you don't fit into traditional moulds, but instead invent your own unique way of loving, you become capable of experiencing relationships that are as vibrant as they are authentic, where everyone is fully themselves.

Emma, with Jupiter in Pisces in the 10th house, you are driven by an inspired and benevolent vision of your role in the world: your vocation is rooted in a deep intuition, a desire to contribute to something larger, more spiritual or more human. You are destined to succeed not by forcing things, but by letting yourself be guided by what feels right, fluid and aligned. Providence can truly smile on you, provided you know how to recognise the right currents, those subtle movements that push you in the right direction without you having to struggle. But this square to Uranus in Sagittarius in the 7th house can make this process unstable: relationship breakups or upheavals in your partnerships may destabilise you or call certain ambitions into question. You will therefore need to learn to ride the wave without getting lost, to welcome fruitful intuitions without letting yourself be carried away by mirages or unrealistic impulses. This may be your greatest talent: your ability to listen to the signs, to trust your deep sensitivity, while remaining vigilant, clear-headed and able to discern what truly elevates you from what distracts you from yourself.

2) Study of Theo's astrological chart



Theo, your astrological chart highlights a balance between the forces that support you and the challenges that mark your path. Among your strengths are a remarkable control over your impulses and an ability to channel them positively in the area of communication, supported by your Sun in Aries in the 3rd house forming a harmonious trine with Saturn and Uranus in Sagittarius. This positioning gives you strategic perseverance and measured boldness, qualities that are valuable in your quest for personal fulfilment. However, your relationship with money seems to be an area of tension. Venus in Pisces in the 2nd house, under the influence of Neptune in the 12th house, as well as the Jupiter-Mercur , and the Jupiter-

Mercury conjunction in Aries in the 2nd house, square Neptune, reveal challenges related to material management and financial illusions. But let's start by highlighting your strengths.

Your strength: Mastery and channelling of energies

Your Sun in Aries in the 3rd house, under the structuring influence of Saturn and the innovative inspiration of Uranus in Sagittarius, gives you a balance between impulsiveness and reflection. You have a rare ability to transform your raw energy into concrete actions, thanks to your composure and natural discipline. Saturn trine your Sun allows you to persevere methodically, even in periods when results are not immediate. This active patience, applied to short bursts of repeated effort, is your secret recipe for achieving your goals. You know how to channel your sometimes fiery instincts and put them at the service of your intellectual and social expression.

In addition, the influence of Uranus in trine to your Sun gives you daring courage and insatiable curiosity. You do not hesitate to learn on your own, explore unknown territory and take initiatives with confidence. This combination of inspiration and mastery makes you particularly effective in the field of communication: you are able to convince, explain and convey your ideas with clarity and determination. Your enthusiasm is contagious, while your pragmatism ensures that your efforts find concrete applications.

Your strength: Mastery and channelling of energy in communication

Your Sun in Aries in the 3rd house shines brightly, supported by harmonious trines to Saturn and Uranus in Sagittarius. These influences reinforce your natural ability to structure your thoughts and channel your energy into communication. Saturn, ruler of your Capricorn ascendant, plays a key role in this balance. Positioned in the 11th house, it reflects your ability to find the support you need to achieve your goals, whether through relationships, groups or collectives aligned with your moral or spiritual values. You know how to build strong alliances and invest in networks where mutual support and shared goals enrich your journey.

Stubborn and methodical, typical qualities of your Capricorn ascendant, you reveal your true self through learning about cultural and philosophical differences, a quest reinforced by Saturn in Sagittarius. This positioning highlights your ability to integrate the old and the new, tradition and modernity, thanks to the Saturn-Uranus conjunction. This harmonious blend of thoughtful conservatism and bold openness allows you to find original solutions while remaining grounded in stable principles. You thus succeed in transforming sometimes abstract concepts into concrete and coherent actions.

These qualities greatly stabilise your Aries drive. Saturn gives you remarkable self-control, which tempers your spontaneous impulses, allowing you to approach your interactions with calm and composure. In addition, Uranus stimulates your curiosity and openness, encouraging you to explore new ideas and integrate them into your

communication with measured enthusiasm. This continuity in your Aries impulsiveness gives your conversations and projects a lasting impact. Your ability to combine passion and discipline, creativity and structure, makes you an inspired and reliable communicator.

Your ease of expression and agility

Your Mars in Gemini in the 5th house, under the harmonious influence of a sextile to the Jupiter-Mercury conjunction in Aries in the 2nd house, reinforces your natural ease of expression and communication. This positioning makes you a quick-witted and spontaneous person, able to find the right words to charm, convince or simply captivate your audience. Your ability to juggle ideas and adapt your speech to different situations demonstrates great mental and verbal agility. This liveliness, supported by an energetic and curious Mars in Gemini, gives you a natural aptitude for exploring a variety of fields with enthusiasm and versatility.

Your Mars in the 5th house also highlights your taste for creative hobbies, light-hearted and playful interactions, and an ease in incorporating physical expression and s into your activities. A sport of skill or an activity requiring speed and precision would suit you particularly well, as it would take advantage of your agility and natural freedom of movement. You have an innate ability to combine pleasure and efficiency, to make your hobbies a space for regeneration and personal fulfilment.

Thanks to the sextile between Mars, Jupiter and Mercury, your self-confidence and creativity are amplified. You know how to present yourself with charm and assurance, while using your talents to achieve your goals. This harmonious dynamic between thought and action allows you to feel at ease in social or competitive contexts, where your quick mind and precise movements become major assets. You move through life with an energy that combines intellect and physical expression, making you a well-rounded and inspiring communicator.

Your conflictual relationship with money and material security

Your relationship with money and the material management of your life is a real challenge, marked by complex astral influences. With Venus in Pisces in the 2nd house, square Neptune in Capricorn in the 12th house, and the Jupiter-Mercury conjunction in Aries in the 2nd house also under tension from Neptune, your financial situation is often unstable and lacks clarity. This area is fraught with uncertainty and fluctuations, reflecting a mixture of naivety, idealism and a certain chaotic " . You may be prone to believing in financial miracles or embarking on adventurous projects without fully assessing the risks.

This configuration reveals a tendency towards impulsive or reckless spending, sometimes dictated by emotions or illusions rather than rational analysis. The Neptune square may indicate times when you are attracted to dubious propositions or ambiguous financial situations, sometimes to the detriment of your stability. There is a danger of

betrayal, broken promises or manipulation, which can further complicate your relationship with money.

Your Jupiter-Mercury conjunction in Aries in the 2nd house amplifies your material ambition, but this energy can sometimes be misdirected. You are prone to acting quickly or adventurously in your financial choices, which can result in significant gains followed by sudden losses. It is essential to cultivate a more rational and methodical approach, limiting the risks associated with ill-considered investments or spending. Finally, your fertile imagination and creativity could prompt you to seek alternative financial solutions, but it will be crucial to carefully assess their viability and integrity. Increased vigilance and a pragmatic approach will help you overcome these challenges and build a more stable material foundation.

Your emotional guide and your quest for inner fulfilment

The Moon in Scorpio in the 10th house reflects an intense soul, deeply connected to its inner world, but also focused on external achievement and social recognition. This position indicates an ambitious emotional quest: you aspire to express your deepest feelings in concrete achievements, to leave a lasting mark on the world. The depth of your emotions and your need for authenticity are mixed with a strong desire for personal transformation and growth through your interactions with others. The 10th house highlights your aspiration to achieve a status or vocation that resonates with your inner values.

The harmonious trine between the Moon and Venus in Pisces in the 2nd house amplifies this dynamic by bringing artistic sensitivity and an ability to materialise your emotional aspirations in areas related to beauty, relationships or material abundance. This connection smoothes your relationships with the feminine or intimate world and indicates that you find emotional support in your personal values and creative talents. Venus in Pisces, in its highest expression, strengthens your intuitive sensitivity and your ability to perceive the needs of others, which can translate into a caring and inspiring role in your professional or public life.

This constellation also highlights a balance between ambition and compassion: you are able to rise in society while remaining true to your emotional needs and your search for authentic connection. However, the emotional intensity of Scorpio and the delicacy of Venus in Pisces remind you to cultivate a solid foundation so that you are not overwhelmed by your feelings or dreams. When you follow this path with discernment, you become an emotional guide for others, capable of inspiring and transforming the environments in which you evolve (this will be particularly strong between September 2025 and May 2026, a period that is also favourable professionally).

Your professional profile, Theo

Your astrological chart reveals a personality that is ambitious, creative and capable of channelling your energies to excel in fields that require communication,

intuition and transformation. Your Sun in Aries in the 3rd house, supported by trines from Saturn and Uranus, shows that you are dynamic and have great control over your impulses. Your ability to express yourself clearly and structure your ideas makes you an excellent communicator, capable of persuading, inspiring and collaborating effectively. You excel in professions where exchange, teaching or the transmission of ideas play a central role, particularly in environments that encourage continuous learning and innovation.

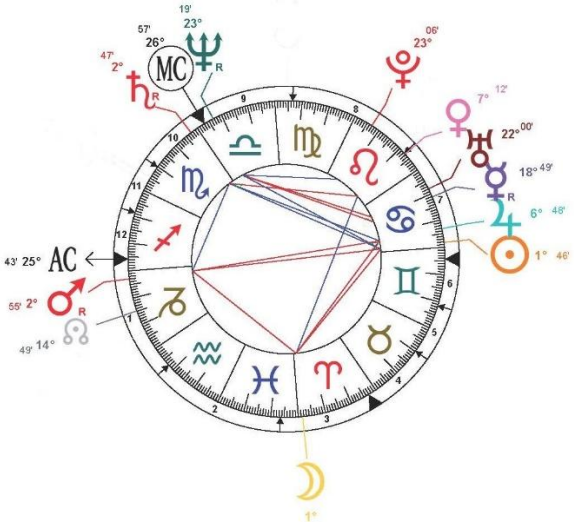
With Mars in Gemini in the 5th house, supported by a sextile to the Jupiter-Mercury conjunction in Aries, you are comfortable in social interactions and creative activities. You have a quick mind and a natural ability to charm with your eloquence and charisma. These qualities, combined with your mental and physical agility, could lead you to careers in the arts, media or entertainment, where your energy and natural skill are highlighted. A sport or activity requiring precision and skill could also play a key role in your professional balance. In addition, your intellectual vivacity and talent for structuring your ideas predestine you to excel as a columnist, whether in traditional or digital media. Your ability to captivate an audience with powerful and well-articulated stories is an undeniable asset.

Your Moon in Scorpio in the 10th house, in harmony with Venus in Pisces in the 2nd house, highlights your aspiration for a meaningful and transformative vocation. You are deeply connected to your emotional world, which makes you capable of perceiving the needs of others and

making a real impact in your professional sphere. You could excel in careers related to counselling, psychology, or in roles where emotional creativity and intuition are valued. This planetary harmony also suggests a talent for combining aesthetics and depth, for example in artistic projects or in environments where beauty and human values play a central role.

However, your conflictual relationship with money, marked by tensions between Venus and the Jupiter-Mercury conjunction with Neptune, indicates a challenge to overcome. In your professional life, this could translate into a tendency to make imprudent financial choices, a lack of clarity in project management or excessive sensitivity to illusory promises. To be fully successful, you will need to learn to structure your material ambitions more rationally and surround yourself with sound advice in your economic endeavours.

3) Study of Mathilde's astrological chart



Meeting with sensitivity

The Sun in Cancer in the 7th House illustrates a deep commitment to relationships, seeking to establish a secure and comfortable partnership. This contrasts with the Sagittarius Ascendant, which values freedom and adventure. There is a risk that couple life, if it becomes too home-centred and predictable, may seem to stifle the Sagittarius Ascendant, limiting its opportunities for growth and exploration. Conversely, excessive commitment to adventure and discovery may leave little room to develop depth and security in relationships, which is essential for the Sun in Cancer.

The key to navigating this dynamic is open and honest communication with your partner. Express your needs for

independence and adventure while acknowledging your desire for security and stability in the relationship. Find a compromise that allows each of you to explore your needs without sacrificing the other's. Incorporate adventure into your relationship by planning trips or activities that stimulate the Sagittarius in you while strengthening your bond. These shared experiences can enrich your relationship and satisfy your need for exploration. Encourage independence within the relationship by giving each other space to pursue personal interests and passions. This allows Sagittarius to explore without feeling restricted, while maintaining the commitment and security that Cancer seeks. View every relationship as fertile ground for personal growth. Work together on personal and spiritual growth goals, which may include studies, workshops, or spiritual retreats. Recognise that the emotional security you build together can be a solid foundation from which to explore the world. This can transform the "homebody" trait into a strength rather than a limitation. Be open to the evolution of your needs and your relationship.

With the Sun in Cancer in the 7th house, your identity and personal fulfilment are closely linked to your relationships and how you care for others. However, the tension aspect with Mars in Capricorn pushes you to react defensively and sometimes aggressively when you feel a threat to yourself or those around you, creating conflict and inner tension between your natural kindness and your eagerness to protect yourself. The conjunction with Jupiter amplifies this dimension by making you more generous and protective, but sometimes to excess, seeking to do too

much for those you love. The tension aspect with the Moon in Aries creates a struggle between your emotional needs and your efforts to nurture and protect others, leading to a feeling of dissatisfaction or neglect of your own needs. Fortunately, the harmonious aspect with Saturn in Scorpio gives you the structure you need to manage these intense dynamics. Your sensitivity is channelled in a thoughtful way, allowing you to build solid and lasting foundations in your relationships, while ensuring a balance between protection and inner serenity. By cultivating a more attentive ear to your own emotions and highlighting your natural rigour, you can combine passion and stability in a way that is beneficial to you and those around you.

The serene, cautious and solitary warrior, the strategist

With Mars in Capricorn in the 1st house, your assertiveness is marked by methodical determination and a desire for lasting success. However, the tense aspects with the Sun, Moon and Jupiter complicate this ambition. The conflict with the Sun causes you to feel intense pressure between your discipline and external expectations, generating frustration and making you feel like you constantly have to prove your worth. The tense aspect with the Moon exacerbates this struggle by creating a disconnect between your hard work and your emotional needs, sometimes leaving you feeling exhausted and unsatisfied. In addition, the tension with Jupiter can lead you to excessive ambition or overly risky projects, making it essential t ly realign your expectations to avoid disappointment. Fortunately, the harmonious aspect of

Saturn provides a saving counterbalance, allowing you to channel your energy with rigour and perseverance, ensuring the stability and sustainability of your actions. By balancing your determination and remaining attentive to your emotional well-being, you will be able to successfully navigate this complex mix of ambition and sensitivity.

Mars in Capricorn in the 1st House and the Sun in Cancer in the 7th House form a contrast between two powerful energies that express themselves differently. The Sun in Cancer in the 7th House highlights a deep need to engage in intimate and secure relationships, seeking harmony and mutual support. This solar position favours emotion, protection and sensitivity towards others, especially in partnerships. On the other hand, Mars in Capricorn in the 1st House expresses a more solitary and determined approach to life, focused on ambition, discipline and self-control. This Martian position accentuates independence, leadership and the desire to succeed in a concrete and pragmatic way.

This contrast can create internal tension between the desire to collaborate and feel supported in relationships (Sun in Cancer) and the need to assert yourself strongly and autonomously (Mars in Capricorn). You may experience moments when your need for connection and compromise conflicts with your desire to pursue your personal goals in a determined and independent manner. To balance these energies, it is essenti ly to recognise the value of each aspect: use Mars' determination and rigour to support the

Sun's relational goals, and let Cancer's warmth and openness soften and humanise the Martian approach.

A confident, conquering, assertive soul

With the Moon in Aries in the 3rd house, your emotions are intensely influenced by your daily interactions, and you tend to react spontaneously and passionately. This is especially true as the tense aspect with Mars amplifies your impulsiveness, which can lead to confrontational behaviour or abrupt reactions in your interactions. The tense aspect with the Sun adds to this picture a quest for recognition that can stifle your sensitivity, leaving you torn between your ambition and your need for security[55] . In addition, the influence of Jupiter in tension can cause emotional excesses and a certain laxity towards norms, causing you to oscillate between the search for freedom and a heavy conformism. Fortunately, the relaxing aspect with Venus softens this intense dynamic, adding a touch of gentleness and diplomacy to your interactions. This balance allows you to channel your liveliness while nurturing harmonious and warm relationships, even in the midst of these tensions.

The contrast between Mars in Capricorn and the Moon in Aries reveals a tug-of-war between two dynamic energies that are expressed in different ways. Mars in Capricorn represents methodical, disciplined and long-term action. It encourages you to plan carefully and act with patience and

[55] This contrast will be particularly noticeable from mid-February 2026 to March 2026 under the transits of Saturn and Neptune to your Moon and Sun in your astrological chart.

determination to achieve your goals. This Martian position values rigour, control and perseverance, giving an impression of controlled strength and stability in the way you embark on projects.

On the other hand, the Moon in Aries expresses vivid and immediate emotions, impulsiveness and a need for quick satisfaction. It pushes you to react instinctively and pursue your desires with passion and spontaneity, often without taking the time to think about the consequences. This lunar position favours instant action and uncompromising self-assertion, which can sometimes lead to hasty decisions and impatient behaviour.

This contrast can create internal tension where your need for structure and control (Mars in Capricorn) conflicts with your need for spontaneity and emotional responsiveness (Moon in Aries)[56] . You may experience moments when, despite your desire to plan and stay in control, your emotions push you to act in an impulsive, un e way. Finding a balance between these two forces involves recognising when it is necessary to follow your instincts and when it is better to remain grounded in a more thoughtful and measured approach.

Emotional, subjective, sensitive intelligence

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[56] This contrast will be particularly noticeable from mid-February 2026 to March 2026 under the transits of Saturn and Neptune to your Moon and Mars in your birth chart.

With Mercury in Cancer in the 7th house, your way of thinking and communicating is deeply connected to intimacy and authentic exchanges with others, which allows you to shine particularly in personal relationships or partnerships. The relaxing aspect with Uranus adds a touch of originality and inventiveness: you are able to captivate those around you with lively anecdotes, while incorporating unexpected and modern perspectives.[57]

However, the tension aspect with Neptune can sometimes cloud your perceptions: your stories, although rich and vivid, can be tinged with dreams or illusions, and you need to be careful not to confuse reality with the ideal. To fully exploit these qualities, keep one foot firmly planted in reality while giving free rein to your creativity and intuition.

Saturn in Scorpio in the 10th house reveals a deep ambition and an unwavering determination to build a solid and lasting career, marked by emotional intensity and a desire for power and transformation. This position pushes you to face challenges with great resilience and nd to develop a meticulous strategy to achieve your professional goals. Under the relaxing influence of the Sun in Cancer, you are able to channel your sensitivity and need for emotional security into your ambitions, allowing you to find a balance between your professional and personal life. This harmonious aspect favours a benevolent expression

[57] This intelligence will shine particularly brightly from mid-August 2025 to mid-May 2026. This is a favourable period for productive exchanges.

of leadership, where you can lead with empathy while remaining firm in your convictions.

However, the tension aspect with Venus in Leo can create challenges in your professional relationships and public image. There may be a conflict between your desire to shine and be recognised (Venus in Leo) and the rigour or austerity imposed by Saturn. This can manifest as difficulties in reconciling your need for self-expression and creativity with the demands of your career, or moments when you feel held back in your relationships by overly high expectations or power struggles. To overcome these tensions, it is essential to cultivate a balance between your quest for recognition and your ability to work in a disciplined and strategic manner, without sacrificing your ability to form warm and authentic relationships.

Passionate love

With Venus in Leo in the 8th house, you possess intensity and deep passion in your relationships and emotional desires. This position drives you to seek romantic experiences rich in emotion, marked by a desire for fusion and a longing for loyalty and authenticity. Your love is vibrant and needs to be shared fervently, and you need to feel admired and valued in your intimate relationships.[58] .

However, the tension aspect with Saturn in Scorpio can bring obstacles and challenges to your love life. This translates into moments of doubt or fears of rejection or betrayal, which can lead you to protect yourself behind a

[58] The fires of love from mid-July 2026 to mid-August 2026

façade of control or to feel a certain coldness in your interactions. This dynamic can create a conflict between your need to express love in a flamboyant way and the caution or barriers imposed by Saturn. To navigate this tension, it is important to work on building trust and not letting the fear of being vulnerable erode your relationships.

The harmonious aspect with the Moon in Aries brings a source of warmth and emotional momentum, allowing you to reconnect with your instincts and spontaneity. The Moon in Aries encourages you to approach love with courage and a certain boldness, counterbalancing the restrictive effects of Saturn. This favours moments when you can express your feelings authentically and directly, nurturing your ability to commit passionately while accepting your vulnerabilities.

Who am I?

With Sagittarius rising, your quest for identity is built around a desire for exploration, understanding and expansion. This sign highlights a need for authenticity, freedom and discovery, whether through travel, philosophy or learning. The ruler of your Ascendant, Jupiter, is in Cancer in the 7th house, indicating that the search for "who you are" is experienced intensely through relationships and partnerships. The experiences of the 7th house, particularly those related to alliances, deep interactions and commitment to others, are essential for you to discover and evolve.

The position of Jupiter in Cancer in the 7th house suggests that you define yourself largely by how you care for others and nurture your relationships. Cancer qualities such as empathy, protectiveness and the need to create a warm environment are integrated into your search for meaning. The more you engage these qualities in your relationships and overcome the challenges of emotional commitment and trust, the more you discover your true essence and feel at peace with yourself.

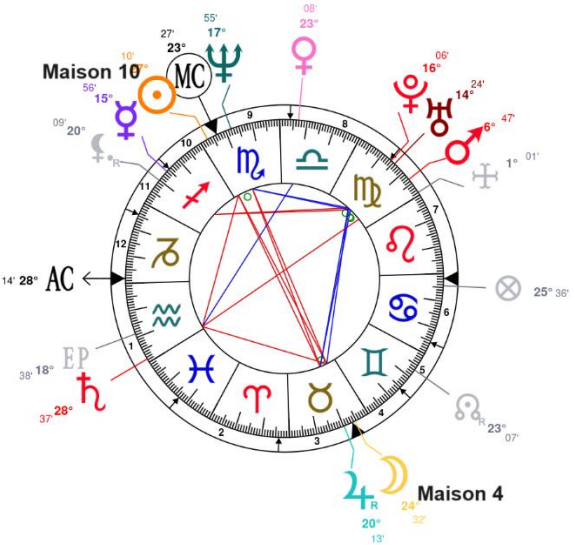
The conjunction of Jupiter with the Sun in Cancer reinforces this dynamic. The "who am I" conveyed by Jupiter, ruler of your Ascendant, finds answers not only in the meaning of Jupiter itself (expansion, faith, growth), but also through the energy of the Sun. The Sun in Cancer adds a dimension of identity that is centred on the desire to create a home and a deep connection with others. Your identity flourishes in situations where you share emotions and feel involved in a safe and loving environment.

This process of identification through Jupiter and the Sun in conjunction indicates that your path to self-discovery involves accepting and expressing your need for nurturing and protective relationships. The symbolism of the Sun, a source of vitality and creativity, calls for harmonising your expansive and adventurous nature with your ability to offer attention and support. The challenge is to marry the openness and generosity of Jupiter with the protective and nurturing aspect of the Sun in Cancer, without one dimension overshadowing the other. The balance between your thirst for freedom (Sagittarius Ascendant) and your

need for deep emotional connection (Jupiter and Sun in the 7th house) is essential for you to feel whole.[59]

[59] This trend will be particularly relevant from mid-June 2025 to the end of July 2025, a favourable period for exhibiting your work.

4) Study of Julien's astrological chart



At the heart of your astrological chart lies the Taurus-Scorpio axis, a thread stretching between two complementary and contradictory realities, shaping the foundations of your existence. This axis is not only an indicator of polarity but also a powerful symbol of the forces that drive you, torn between the search for emotional security and the quest for personal fulfilment.

On one side, Taurus, anchored in the fourth house, highlights the importance of the private sphere. Here, the need for roots, material comfort and emotional stability prevails, evoking a secret garden where the values of security and sensory pleasure are carefully cultivated. It is within the privacy of these walls that the earth sign's in qualities of loyalty, persistence and patience unfold.

In contrast, Scorpio stands in the tenth house, where professional aspirations and social reputation take centre stage. This position evokes a battlefield where intuition, strategy and a desire for transformation are the weapons of choice. The scrutinising nature of Scorpio, combined with the power of the tenth house, highlights a burning desire to succeed and exert significant influence in the public sphere.

The axis of the fourth and tenth houses emphasises this dichotomy, a balancing act between the aspiration for domestic tranquillity and the drive to reach the heights of professional achievement. Each of these signs and houses carries with it unique promises and challenges, and it is between their calls that this gentleman must find his way, a path punctuated by the echoes of his own contradictions and completeness.

Let's take a closer look at your astrological chart:

Your astral configuration reveals a Jupiter-Moon conjunction in Taurus in the 4th house, which indicates a deep attachment to the simple pleasures of life and a great appreciation for sensory and material pleasures. You seek to build a haven of peace, both rich and comforting, where nature and stability play a prominent role. You aspire to a life that reflects the quintessence of comfort and security, a life where the beauty of simple things is appreciated and family traditions are perpetuated. You have a strong instinct for self-preservation and an innate desire to be surrounded by the beauty of nature, illustrating the

archetype of the gentleman farmer, for whom being at home and at peace in one's own country is essential.

However, this ideal of life is accompanied by a tension represented by a square of Saturn in Aquarius in the 1st house, which confronts you with challenges inherent in your nature. On the one hand, Saturn in Aquarius awakens in you a need for independence, freedom and originality, prompting you to question the ties that could hinder your individuality and personal space. It highlights an aspect of your identity that values autonomy and the ability to break free from established norms, even if this sometimes seems to contradict your need for comfort and material security.

It is therefore imperative for you to find a balance between these two seemingly opposing forces. The demanding side of Saturn in Aquarius encourages you to clearly define your personal boundaries and understand that a relentless pursuit of comfort can sometimes restrict your individual freedom. At the same time, it is crucial not to neglect your epicurean side, the part of you that finds sincere joy in abundance and the pleasures of life.

Harmonising these two energies is the key to your well-being: knowing when it is time to step off the beaten track to explore new horizons, and when it i to return to the cosy nest you have so carefully built. Wisdom will lie in the ability to enjoy the good things in life while remaining true to your progressive and independent essence. This will require constant introspection and flexible adaptation to life's changing circumstances.

The second contradiction in your astrological chart revolves around the opposition between Neptune in Scorpio in the 10th house and the Jupiter-Moon conjunction in Taurus in the 4th house. This configuration highlights a tension between two key areas of your life: your private sphere and your public or professional life.

Neptune in Scorpio in the 10th house gives you particularly keen intuition and sensitivity in your career. You are driven by high ideals and an idealistic vision of what your impact on the world should be. The quest for deeper meaning and altruistic contribution is an essential driving force for you, and you may be drawn to professions where creativity, inspiration, and spirituality play a prominent role. You experience the vicissitudes of your professional life with an intensity that can be as exhilarating as it is exhausting.

Nevertheless, this Neptune in Scorpio can also make you vulnerable to illusions in your career, to disillusionment when reality does not meet your aspirations, and can even sometimes lead you to a certain confusion about the direction you should take professionally.
This opposition with the Jupiter-Moon conjunction in Taurus in the 4th house accentuates this tension between your professional life and your need for emotional and material stability in your private sphere. On the one hand, you have a strong need for security, comfort, and pleasure within your home, where you seek peace and harmony. On the other hand, there is a part of you that is driven towards a meaningful and emotionally invested career, aiming to make a difference in the world.

To harmonise this contradiction, you will need to navigate between the call of intimacy and comfort at home and the vocation to have a more public and idealistic role. You may feel that your personal life and professional aspirations are in conflict, but they are actually two sides of the same quest: the quest for balance between your need for inner life and your desire to be part of something bigger than yourself.

You will therefore need to learn to make conscious sacrifices and give up certain emotional dependencies that could disrupt your balance, both personally and professionally. The key will be to find a healthy balance between your professional aspirations and your private life, and to embrace a path where inner transformation allows you to experience your emotions and passion in an authentic and liberating way, while remaining true to your high aspirations in your career. It is in this synthesis that you may find your greatest fulfilment.

The Neptune-Sun conjunction in Scorpio in the 10th house adds an extra layer of complexity to your astrological chart. This configuration intensifies the already close connection between your identity and your emotional life, particularly in the context of your vocation and public image.

The Sun in Scorpio seeks to exercise control and express personal power in a deep and meaningful way. It is about uncovering the truth, often the one hidden behind appearances, and undergoing radical transformations. The

addition of Neptune to this combination can both dissolve the boundaries of the ego and amplify your desire to connect to a purpose greater than yourself.

In your career, you may have aspirations that go beyond the conventional, drawn to roles that require not only the strategic intelligence and emotional resilience typical of Scorpio, but also Neptune's sensitivity and compassion. Your ability to feel and immerse yourself in work environments can be exceptional, but it can also make you vulnerable to disappointment, especially if your ideals do not match reality.

This conjunction can endow you with remarkable creative vision and intuition, but it is crucial to stay grounded. The tendency to get lost in illusions or fantasies must be controlled by a conscious effort to discern fact from fiction, especially in areas such as your career, where public image and reputation are at stake.

To make the most of this conjunction, you will need to cultivate honesty with yourself and others, recognise and work through the mists of Neptune to achieve clarity. Deep introspection and a quest for inner truth are essential. Transformation, in this context, may mean stripping away illusions to reconnect with the authenticity of your true life path and your most sincere aspirations that are best suited to what society expects of you.

In practical terms, this may involve integrating your quest for security and comfort (Jupiter-Moon conjunction in Taurus in the 4th house) with your desire for a meaningful

and idealised career (Neptune in the 10th house), while maintaining clarity of mind and a willingness to face realities constructively. It may also mean finding a balance between your need for privacy (4th house) and managing your public image and career (10th house), while navigating between your high ideals and the often difficult truths of the professional world.

The square between Saturn in Aquarius in the 1st house and the Sun in Scorpio in the 10th house (which was particularly active in February 2023) adds a dynamic of tension and resistance to this gentleman's astrological chart, which must be carefully integrated to understand the challenges and opportunities you may encounter in your life.
The Sun in Scorpio in the 10th house already indicates a strong will to power and an ability to influence and transform your environment, particularly in your career and public reputation. The presence of Saturn square to this Sun indicates that this will to power and transformation is tested by obstacles and restrictions that can sometimes seem insurmountable.

Saturn in Aquarius in the 1st house speaks of the need to structure your personal identity, often by questioning traditional norms and seeking to express your uniqueness. However, the square with the Sun in Scorpio may mean that your deep ambitions and transformative impulses are often held back or challenged by external restrictions or internal doubts, pushing you to struggle to prove your worth and personal power.

This square highlights the possibility of conflict between your public and personal image (Saturn in the 1st house) and your career goals or role in society (Sun in the 10th house). There may be a struggle between the desire to break conventions and reinvent yourself (Aquarius) and the deep need to maintain control over situations and personal transformations (Scorpio).

The lessons here involve learning patience, understanding that personal and professional transformation takes time and hard work, and recognising that limitations can actually serve as a guide to greater self-mastery. Saturn, the grand teacher in , demands discipline and realism, which can be uncomfortable for a Scorpio Sun who prefers to operate with intensity and mystery.

It would be good to integrate how the tensions between your needs for personal freedom and uniqueness (Saturn in Aquarius in the 1st house) interact with your career ambitions and desire for personal transformation (Sun in Scorpio in the 10th house). These tensions can lead to periods of frustration, where you feel hindered or limited, but also periods of growth, where Saturn's challenges forge even stronger determination and resilience. This aspect requires cultivating resilience and understanding that challenges can be vectors for personal growth, finding a balance between patience and passion, structure and transformation.

Your existence is punctuated by a dance between the desire for stability and the search for transformation. The Taurus-Scorpio axis embodies this fundamental duality, reflecting

your need for solid roots in the fertile soil of the fourth house, while aspiring to the transformative flight of the tenth house. Your personal journey is a delicate balance between these two extremes, where security and comfort are as crucial as growth and self-control.

As 2024 approaches, the transits of Jupiter and Uranus over your natal Jupiter-Moon conjunction in Taurus herald a period of great significance. In April and May 2024, Jupiter, the great benefic, promises to expand your field of awareness in the family realm, bringing with it a broadening of perspectives and r perhaps an expansion or improvement of your home. These effects are likely to bring you an abundance of opportunities, fostering personal and emotional growth.

Starting in January 2024, Uranus will transit this same conjunction, injecting a dose of innovation and unexpected change. Uranus is the master of sudden reversals, suggesting that this period could coincide with family changes or transformations in your concept of emotional security and domestic comfort. These changes will likely be the catalyst for a new approach to family life and personal comfort.

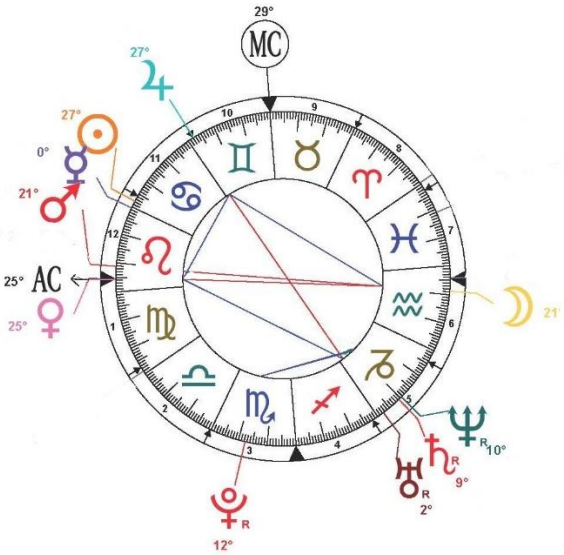
In the professional sphere, these transits could also translate into unexpected opportunities or significant changes of direction, perhaps even a reorientation towards a path that better aligns with your deep ideals and spiritual aspirations, as revealed by Neptune in the tenth house.

Starting in January 2024, it would be wise for you to:

-Remain open to new experiences and welcome change as an invitation to personal and spiritual growth.
-Take advantage of Jupiter's expansive nature to lay the groundwork for smooth transitions, both personally and professionally.
-Take time for reflection to untangle illusions and focus on your true path.
-Seek out activities that nourish both your need for security (Taurus) and your desire for transformation (Scorpio), such as creative or humanitarian projects.

In conclusion, 2024 seems to be a pivotal period for you, where your personal story will be woven with threads of opportunity and change. Keep in mind the richness of this Taurus-Scorpio axis that shapes your being, and let its lessons guide you as you navigate these waters ahead with wisdom and harmony.

5) Study of Pauline's astrological chart



Before diving into the interpretation of your astrological chart, I think it is essential to lay some fundamental groundwork regarding the practice and understanding of astrology. Firstly, it is important to recognise that astrology does not offer absolute certainties, but rather avenues for reflection and exploration. As an interpreter, my knowledge of your personal experience, your education and the work you have done on yourself is limited. These aspects of your life play a crucial role in how you live and become aware of your personality.

Furthermore, when it comes to astrological predictions, although it is possible to describe certain general climates or trends, predicting specific events is beyond my scope.

The reason for this is simple: the content and manner in which you experience these events depend greatly on your level of personal development.

With these elements in mind, your astrological chart can be seen as a map, a guide, offering perspectives and possibilities. It is a tool for self-understanding which, when used wisely, can shed light on aspects of your personality, reveal underlying dynamics in your life and help you navigate your experiences with greater awareness.

So, let's approach your astrological chart not as an unchangeable script for your life, but rather as a rich resource of symbols and meanings that can help you understand your own rhythms, challenges, talents and opportunities for growth.

This study is not a tool to guide your choices, but to make you aware of them. It reveals or confirms your temperament, personality, gifts and talents, your areas of light and shadow.

The first salient feature of your astrological chart is the Ascendant-Mars-Venus-Leo axis🡐🡒 Moon-Aquarius-House 7. The second important feature is the presence of the Sun , ruler of the Ascendant, in Cancer in House 12, conjunct Mercury in Leo in House 12.
The harmony between your Leo Ascendant (fire sign) and your Sun in Cancer (water sign) in the 12th House is not immediate. **Your Leo Ascendant** gives you this apparent confidence, this desire for recognition and to shine. There

is a natural assurance in you, a luminous energy that can sometimes be perceived as dominant. On the other hand, your **Sun in Cancer in the 12th House** shows a more withdrawn nature, focused on protecting and caring for others, especially those who are vulnerable. There is a gentler, more internal energy focused on caring. The gap between these energies can sometimes seem contradictory: how can you combine radiant confidence with a desire to protect and support silently?

It is essential to understand that the energy of your Leo Ascendant and that of your Sun in Cancer in the 12th House operate in different ways. Your Leo Ascendant (your identity) is more about how you present yourself to the world, how you are perceived and how you instinctively react to situations. It reflects your identity, which is often visible during first encounters. On the other hand, your Sun in Cancer in the 12th House (destiny) indicates your deepest aspirations, your motivations, and the area in which you seek to express your creativity. This is a deeper, sometimes hidden dimension that guides your actions and ambitions.

Combining these elements, we see a person with a strong presence and undeniable charisma (Leo Ascendant) but who is driven by a need for security and deep empathy for others, especially those in vulnerable situations (Sun in Cancer in the 12th House). You may feel a certain disconnect or tension between these two aspects of your personality. But the key lies in your ability to use your confidence and charisma (Leo Ascendant) to defend, support and protect those who need it most (Sun in Cancer in the 12th House). You could, for example, take on a leadership role in charitable organisations or social

projects, where your natural charisma (Leo) would serve causes greater than yourself, and where your deep sensitivity (Cancer) could really make a difference. In this context, you could become the centre of a successful self-sacrifice, where you devote yourself to others while remaining true to yourself.

As we have seen, and I repeat, your Ascendant in Leo gives you a charismatic presence and a need for recognition. The Sun, your ascendant ruler, is in Cancer in the 12th house, suggesting that you reveal yourself through experiences related to protecting and supporting others, especially those in vulnerable situations. Your most significant challenges and achievements occur in contexts where you can offer help and understanding to others, often behind the scenes or in a discreet manner. This ascendant ruler in the 12th house indicates that you are guided by a deep need for security and empathy. You are probably very receptive to the emotional needs of others, especially those who are struggling or isolated. This may also mean that your path of personal growth involves discovering your own vulnerability and how to transform it into strength by offering support and compassion to others.

Mercury in Leo[60] Conjunct the Sun in Cancer indicates that your way of thinking and expressing yourself is both creative and thoughtful. You have a quick mind and a natural ability to captivate others with your words. You are able to grasp situations quickly and synthesise them in a creative and original way, while remaining attentive to the less visible and deeper aspects of these situations. You are gifted with an intelligence that expresses itself with brilliance and enthusiasm, but you are also capable of delving into the depths of the psyche and the invisible. You share your ideas and feelings in an open and warm manner, while remaining sensitive to the emotional needs of others.

It is advisable to use your intellect to address and resolve social problems or to help others express themselves and free themselves from their inhibitions. Your ability to integrate the intellectual currents of your time can enrich your thinking and facilitate the communication of your ideas. Engage in activities that promote personal reflection

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[60]In astrology, we distinguish between 12 types of intelligence. Mercury in Leo embodies a type of intelligence that can be described as intuitive, creative and demonstrative. With Mercury in Leo, your intelligence is clear and lucid. You have the ability to quickly understand a situation, synthesise it effectively and draw practical and realistic conclusions. In addition, you have a natural talent for asserting yourself in the realm of ideas. The fire element of the sign of Leo gives Mercury great open-mindedness and remarkable enthusiasm. Mercury in Leo excels at leading conversations or group discussions, thanks to a brilliant intellect and excellent communication skills. This intelligence shines particularly brightly when it is recognised and valued, revealing itself fully when pride is expressed in one's intellectual abilities.

and freedom of expression, while exploring the spiritual dimensions of existence.

Let's return to your Leo Ascendant, an identity centred on the desire for recognition and recognition. Your **Mars in Leo, conjunct with this Ascendant**, gives you a powerful presence and an ability to take initiative or carry out actions with passion and confidence. You embody the energy of the proud warrior and leader, acting with nobility to distinguish yourself and express a part of yourself that inspires recognition and admiration. However, there are situations where you may react strongly if you feel unfairly criticised or humiliated. It is important to learn from your actions to refine your understanding of yourself and assert yourself in the world. By asserting yourself with pride, you will fully embrace your uniqueness. However, this requires taking risks to show yourself as you are, without fear of judgement. (If you are too demanding of others, or if you become defensive, or if you react strongly to the slightest conflict with those around you, the **HÊTRE-BEECH-FAGUS SYLVATICA** elixir may be helpful. This elixir will allow you to assert your personality while taking into account the aspirations of others. It will help you express who you are without attacking others and find your place while being fully aware of the place of others.)

To achieve true autonomy, it is essential to value this need for recognition, while not depending exclusively on external praise. This desire for autonomy is further accentuated by the opposition **between Mars in Leo and the Moon in Aquarius**. This opposition creates tension between your quest for identity and your relationship with

the public, the people you meet, your partner or business associate. The challenge of this opposition is to find a balance between the need to assert something about yourself[61] ly with magnanimity, and your unconscious way of opening up to others with detachment.
With the Moon in Aquarius, your unique, often surprising reactions are mainly guided by a desire for freedom and independence. It is important to note that your soul resists being constrained or possessed.
Before interpreting the meaning of the Moon in the 7th house, I would like to say a few words about the meaning of **Mars in Leo ↔ Moon in Aquarius** on a purely psychological level. This aspect symbolises two opposing forces or tendencies within your psyche: the force of affirmation (symbolised by Mars and often sublimated) and your femininity (symbolised by the Moon). When you favour one of these two forces over the other, you may find yourself in contrasting situations. On the one hand, by focusing excessively on the well-being of others, you may become very nervous and agitated. In this case, you may be easily upset by adversity and seek protection to avoid facing the world. Futile or irrational concerns can quickly disrupt your endeavours. On the other hand, by opting for

[61] This self-assertion can also be expressed through sports. As a Mars in Leo, you are attracted to physical prowess, outdoor sports, combat sports, extreme sports, and spectacular sports such as urban dance or hip-hop. It is important to set aside time to practise a sport, as this contributes to your personal development. However, be sure to balance this time with moments dedicated to others in order to maintain a healthy balance between your personal needs and your commitment to others.

unbridled activism, you may reject any form of tranquillity or healthy well-being. Quiet environments or daily routines may become unbearable, and you may find it difficult to control your aggression, causing you to lose your temper easily. This tendency may lead you to engage in multiple daring experiences, at the risk of sacrificing your peace of mind and emotional balance.
(**Flower essences for this aspect:** RED CHESTNUT-AESCULUS CARNEA, PURPLE IPOMEA-MORNING GLORY-IPOMEA PURPUREA).

Since May 2023, Uranus has been transiting square to this Mars-Moon axis and will continue to do so until May 2024. What has just been said about this axis is particularly relevant. The transit of Uranus forming a square with both Mars in Leo in the 1st house and the Moon in Aquarius in the 7th house can be a significant period of transformation and questioning .

During this Uranus transit, you may feel a powerful inner urge to free yourself from certain dependencies or constraints that are hindering your progress. This is a call to recognise and admit the need for strategic changes, particularly in the way you assert yourself (Mars in Leo) and manage your relationships (Moon in Aquarius). It is crucial not to wait until the breaking point to make important decisions. This transit encourages you to approach change with courage and determination. Put aside your fears and doubts, as recognising that change is inevitable can ease the tension and anxiety associated with this period. If you find that the new approaches you have adopted are not

working as planned, take the time to analyse the underlying reasons. Don't hesitate to adjust your strategies, keeping in mind another essential aspect of this transit: openness to a more independent, freer and more fulfilling lifestyle. Uranus encourages you to explore less conventional and more authentic paths to your true self. This transit can be disruptive, but it also holds the potential for significant renewal. By embracing change and being open to new ways of living and expressing yourself, you open the door to refreshing and liberating possibilities. This period can be seen as an opportunity to realign your actions and relationships so that they more accurately reflect who you are and what you truly desire. This Uranus transit will be particularly active during the transits of Mars on the same axis. More specifically, this will occur during the second and third weeks of November 2023, from 10 to 16 March 2024, and the first two weeks of July 2024. You have already experienced this same transit between mid-June and the end of June 2023, and you are currently experiencing it. (Flower essences until 16 March 2024: BEECH-FAGUS SYLVATICA, QUAKING GRASS-BRIZA MAXIMA, ALPINE LILY-LILIUM PARVUM, POISON OAK-TOXICODENDRON DIVERSILOBUM.

During the periods from 10 to 16 March 2024 and the first two weeks of July 2024: VINE-VITIS VINIFERA, MARTAGON LILY-LILIUM MARTAGON, RED CHESTNUT-AESCULUS CARNEA, PURPLE IPOMEA-MORNING GLORY-IPOMEA PURPUREA.

Between November 2026 and July 2027, Jupiter and Mars will transit in conjunction with your Mars-Venus conjunction and your Leo Ascendant. This period will mark a significant increase in your attractiveness, charisma and generosity. It will be a productive, active and positive time.

With the Moon in the 7th House, relationships play a prominent role in your life. This lunar position highlights an innate altruism and an instinctive ability to understand the feelings of others. The comfort and security you find in the presence of others are essential to your inner well-being. The quality of your relationships therefore strongly influences your emotional state. In addition, you tend to attract kind people who are attentive to your needs, as suggested by Jupiter in[62] e trine to the Moon. The Moon in

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[62]Jupiter is in Gemini and in the 11th house. You are probably an extremely social and intellectually curious person, finding great pleasure and personal growth in exchanging ideas, stimulating discussions and engaging in social groups or movements. Your philosophy of life is marked by a desire to broaden your horizons, both intellectually and socially, and to actively contribute to the collective well-being. The trine of Jupiter to the Moon in Aquarius in the 7th house brings a broader and more philosophical dimension to the way you interact with the people you meet. You are probably very comfortable communicating with people from all walks of life, and you find significant support in your circle of friends and the groups to which you belong. **In May 2025,** Jupiter returns to its original position. Its transit over your natal Jupiter often signifies a **period of new opportunities, broadening horizons, and personal growth.** In Gemini, Jupiter encourages curiosity, learning, communication, and connection with others. During this transit, you may feel more open to learning, exploring new ideas, or expanding your social and professional networks. You may develop new friendships, become more involved in community groups or activities, or see an

the 7th House also indicates a desire to find a partner who offers you emotional support and a sense of security. You aspire to a relationship with a deep understanding of feelings, to strengthen your inner balance. But to succeed in a relationship, it is crucial that your partner respects your need for independence and your unavoidable thirst for freedom, especially in your daily life, where routine is unbearable for you. This is why your schedule is constantly enriched by a multitude of encounters. In reality, this is the result of a natural and unconscious reflex that pushes you towards others. Your soul flourishes in total transparency, with a certain detachment. Encounters are formed under the sign of sincerity, where only soul-to-soul communication prevails, giving rise to platonic and idealised relationships. Your days are thus filled with unexpected and unique friendly encounters.

There is another opposition that creates tension between your quest for identity and your relationship with the public, the people you meet, your partner or business associate. This is the opposition between **Venus in Leo in the 1st house and the Moon in Aquarius in the 7th house**. In this opposition, you are faced with the challenge of finding balance in your love life and relationships.

Your Venus in Leo is your desire to be loved for who you are as a person, to be admired in order to feel loved, to be

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acceleration towards achieving your long-term goals. It could mark a time when things seem to fall into place easily, doors open, and your confidence in the future is strengthened.

admired for your beauty, and to be the centre of attention.[63] Your emotional expression is warm, generous, and passionate, but it can sometimes lean towards self-centredness.[64]

The Moon in Aquarius, on the other hand, directs you towards a need for equality and soulful communion with others. You seek to open up to others in a less self-centred approach, more focused on sharing and harmony within your relationships. This lunar position promotes sensitivity to the needs of others, an ability to detach yourself from your ego in order to connect in a more ethereal and spiritual way.

The challenge for you is to find a balance between these two tendencies. How can you flourish emotionally, feel

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[63] When it comes to love, it is the planet Venus that reveals how you love. For a woman, the sign associated with the planet Mars indicates the type of man she is attracted to. The sign associated with the Sun indicates the type of man she wants a long-term relationship with. In your case, you are physically attracted to a man whose characteristics are marked by the sign of Leo, and you would like to consider a long-term relationship with him if he also has characteristics of the sign of Cancer.

[64]The Mars-Venus conjunction in Leo in the 1st house in your astrological chart suggests a confident and charismatic personality, with a strong desire to express your individuality and experience passionate relationships. You have a magnetic presence that can both attract and influence others, and your challenge is to find a balance between assertiveness and the search for harmony in your relationships. (**Flower essences for this aspect:** Vigne-VINE-VITIS VINIFERA, Quince-CHAENOMELES SPECIOSA)

loved and take care of your love life, while remaining open and dedicated to others? It's about combining your need for admiration and personal affection with your aspiration for equal and authentic relationships.

It is important to recognise and honour your desire to be loved and admired, while remaining open to others.

Personal development:

- In astrology, the 12th house is often associated with "ghosts of the past," a metaphor for memories, traumas, past experiences, or unconscious behavioural patterns that can profoundly influence a person's present life in subtle ways, often without them being fully aware of it. Mindfulness astrology makes an interesting connection between the theme of "ghosts of the past" in the 12th house and that of collective currents. When a person does not engage with these collective currents, whether through resistance, ignorance or conditioning, they risk isolating themselves from the community. This may explain why the 12th house is sometimes associated with exile, prison or loneliness. The "ghosts" in this context represent the unresolved or repressed elements that persist in the psyche. When a person resists or goes against the collective tendency towards dissolution and self-denial in order to merge into a larger whole, these unresolved elements continue to loop. Only when they accept to immerse themselves in these collective currents, to dissolve into something greater than themselves, can these "ghosts" be confronted and resolved. Meditation can be an effective way to facilitate this process, allowing the person

to align themselves with these collective movements and find a place within the community.

The 12th house can also represent behavioural or emotional patterns that are inherited from the past, including childhood, and that manifest themselves in the present in an unconscious way. An important part of working with the 12th house is recognising and releasing these "ghosts," which may involve therapy, meditation, personal reflection, or other forms of inner work. This can help break repetitive cycles and heal old wounds.

The 12th house may require confronting aspects of oneself that have been rejected or ignored. This can include character traits, desires, or fears that have been suppressed or denied. By working with the energies of the 12th house and confronting these "ghosts," a person may experience profound spiritual and personal growth, finding peace with their past and gaining a deeper understanding of themselves. The 12th house is therefore often seen as an area where deep inner work can be done to release these hidden influences and move toward greater personal integrity and authenticity.

The Sun in Cancer in the 12th house in your astrological chart may indicate a deep and perhaps hidden or unexpressed connection with family themes. Family issues may play an important role in your inner life, although they may not be visible on the outside. This position may suggest the presence of secrets, unspoken issues or family traumas that have a profound influence on you. There may be aspects of your family history that are hidden, repressed

or un . As Cancer is associated with care and protection, this position could indicate that you take care of others in a discreet or behind-the-scenes manner, perhaps by helping family members anonymously or without recognition. It is possible that you have an important role within your family that is not explicitly recognised or visible. The 12th house is a house of introspection and reflection, so the Sun in Cancer here may indicate a tendency to think deeply about family issues, perhaps by revisiting childhood memories or exploring family dynamics from a psychological perspective. There may be a strong unconscious family legacy influencing your personality and behaviour, requiring exploration to fully understand and integrate this legacy into your life. Since the Sun is the ruler of your Leo Ascendant, this heritage may influence how you define your identity. Your stability therefore depends on your awareness of this heritage, on bringing to light aspects of your family history that are hidden, repressed or unresolved, and on turning your back on them once and for all.

Your Sun, ruler of the Leo Ascendant, is conjunct Mercury. You may initially find yourself at odds with or resistant to broader or collective ideas. However, by connecting with these currents, you may begin to let go of inherited, sublimated and self-centred ideas in favour of broader ideas that resonate with the collective unconscious. This harmonisation may lead you to evolve in your way of thinking, guiding you towards a deeper understanding that is more connected with universal themes. This could also involve a transition from self-centred thinking to a more global and altruistic perspective. This approach will also

help you feel more stable and define your goals more clearly, which are initially influenced by these ghosts of the past.

-Amidst the multiplicity of encounters (Moon in Aquarius in the 7th house), it is important to make sure you devote time to your personal development. This could include playing a sport, exploring your creative potential, or other activities that nourish your mind and body.

The question also arises of how to reconcile your desire for independence, typical of your Mars in Leo, with your Cancer-influenced tendency to use your willpower to help and care for others. How can you find a balance between comforting those who are needy or confused and dedicating yourself to noble causes, while preserving your personal space and autonomy? This involves learning to set healthy boundaries and recognising when it is necessary to take a break and recharge your batteries. By taking care of yourself, you will be better equipped to care for others and pursue your commitments with renewed energy and a balanced perspective.

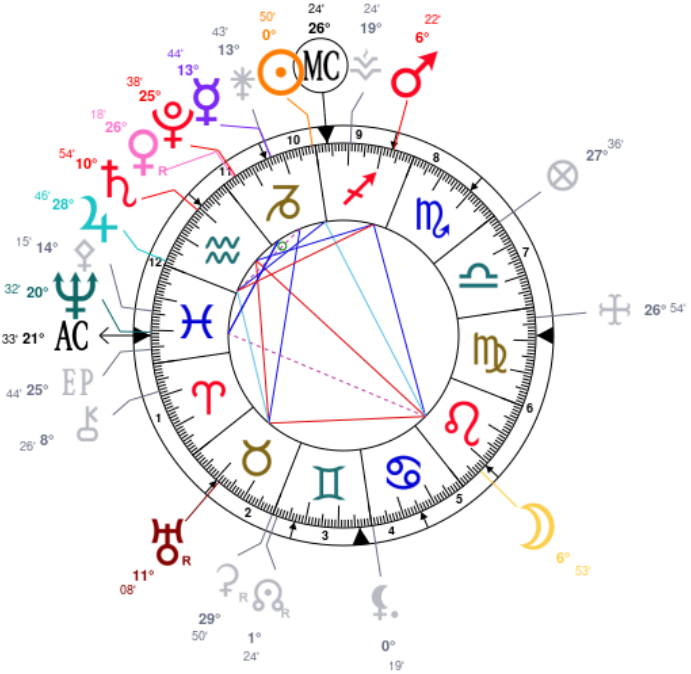
-Given your strong inclination toward relationships, it would be beneficial to hone your communication skills. This could include learning about active listening, effectively expressing your emotions, and conflict resolution techniques.

-Although you have a natural tendency to care for others, it is equally important to learn how to set boundaries to protect yourself. This may mean learning to say no when

necessary, taking time for yourself, and not taking on the responsibility for other people's emotions.

-With your strong connection to others, breakups and conflicts can be particularly challenging (Mars opposite the Moon in the 7th house). Learning stress management techniques and strengthening your emotional resilience could be very helpful in dealing with these delicate situations.

6) Study of a child's astrological chart



Justine's natal chart reveals a young soul driven by a deep alliance between intuition and determination, between dreams and structure. Her Pisces Ascendant, conjunct Neptune, gives her a gentle, fluid, often elusive presence and great emotional permeability. She will pick up on atmospheres and sense others without the need for words, and from an early age will have a natural connection to the invisible, the imaginary and the inner world. Justine may sometimes seem absent or withdrawn, but in reality she will be absorbing the subtleties of the world around her with extraordinary finesse.

And yet, mirroring this floating sensitivity, the Sun in Capricorn in the 10th House will anchor her in a quest for solid, structured achievement, focused on social recognition. She will have a powerful need to fulfil herself, to leave a mark, to build something lasting. This Sun indicates an early vocation, an ability to set clear goals and pursue them with patience and rigour. Contrary to what one might think when seeing her Pisces Ascendant, Justine will not be unstable or scattered: she will be sensitive, certainly, but also ambitious, focused and determined.

This dialogue between Pisces Ascendant and Capricorn Sun in the 10th House will be a real asset: on the one hand, a strategic, realistic and deeply grounded vision, and on the other, keen intuition and emotional instinct that will help her sense the right moment, the right person and the right opportunity. Justine will be able to navigate social and professional spheres with ease, thanks to her unique ability to feel while building, to perceive the movements of the world while remaining true to her path.

The sextile between her Sun and Jupiter will reinforce this dynamic with a note of confidence, openness and protection. Jupiter will play the role of a benevolent guide, opening doors at the right time and wisely broadening her horizons. It will also suggest an ethical or spiritual dimension to her journey : Justine will not seek success for its own sake, but because she will feel that she has something to offer the world. She will thus be able to benefit from providence, not by chance, but because she

will know how to recognise the waves that carry her forward and ride them with precision.

You can support her by nurturing her natural confidence while respecting her need for privacy. She will need space to dream, but also solid structures to build on. Her path will be shaped by her guiding intuition and her ambition to achieve, and this will be a very promising combination.

A proud, loyal soul

Justine's natal chart reveals an inner life that is intense, proud, sensitive and often tense. Her Moon in Leo in the 6th House illuminates her daily life with a deep need for human warmth, recognition and generous self-expression. In the sphere of work or habits, Justine will naturally seek to serve with heart, to beautify her environment, to create a lively, joyful, almost theatrical atmosphere around her, where everyone will be seen and recognised for their value. It will be very important for her to feel useful but also admired, whether in small tasks or in her future commitments.

But this beautiful lunar flame will be under pressure, as Saturn in Aquarius in the 12th House will oppose it head-on. There will be a wound of non-recognition here, as if , if what Justine offers from her inner light does not always find an immediate echo in the outside world. She may feel, from now on, a certain emotional loneliness, a difficulty in freely expressing her feelings, or the feeling of being judged when she simply wants to shine. She may internalise her emotions a lot, sometimes feeling a need to

hold back, or even a form of sadness that she does not yet understand.

This Saturn in the 12th House will not be there to constrain her, but to invite her to build solid emotional maturity, to draw her value not from external reactions, but from fidelity to her inner nobility. She will learn, with time, that true recognition comes from authenticity, and that even in moments of darkness or invisibility, her light will never cease to be precious.

Added to this opposition is a square to Uranus in Taurus in the 2nd House, which brings emotional upheavals and challenges to her assertiveness, her sense of inner security and her relationship with her body. This configuration can manifest itself in unpredictable reactions, sudden needs for change, or difficulty finding lasting emotional stability. Justine will experience very strong impulses of independence, even rebellion, especially if she feels that her expression is being restricted or that she is being reduced to a role that is too limited.

But there is also a valuable key in her chart: the trine of Mars in Sagittarius in the 9th House to her Moon. This beautiful harmony gives her courage, drive, active generosity and a positive reaction to tension. Justine will be able to bounce back quickly, act to defend those she loves and throw herself into great causes or high ideals. Mars in the 9th house will also stimulate her need to learn, travel, understand the world in all its diversity, and give a philosophical or spiritual colouring to her emotional impulses. She will be an ardent soul who will find joy in

action, movement and commitment to values that inspire her.

You can support her by valuing her need for expression without trying to channel it too early, allowing her to find her own rhythm, even if it is irregular or surprising. Her light will need space to shine in its own way. At the same time, your constant presence will help her to accept responsibilities and limitations without experiencing them as a rejection of herself.

Over the years, if Justine learns to root herself in her own inner loyalty and to honour her truth even when it is not seen, she will be able to transform this lunar configuration into immense emotional and human wealth. A source of lasting, free and deeply creative radiance.

A child who loves freedom

Justine possesses an inner strength that is enthusiastic, noble and surprisingly stable, as evidenced by Mars in Sagittarius in the 9th house, trine to her Moon in Leo in the 6th house and sextile to Saturn in Aquarius in the 12th house.

This Mars in Sagittarius indicates a child who loves freedom and is driven by a vital need to understand the world. She will move courageously towards the unknown, eager for truth, wide open spaces, and philosophical or

cultural discoveries. Her energy will not be scattered, but directed towards what will broaden her consciousness. She may show an appetite for intellectual adventure from an early age, a willingness to defend her ideas, to go "further" and "higher", always with a frank enthusiasm and a natural faith in life.

This placement also suggests a keen sense of justice: Justine does not remain silent if she perceives an injustice. She may feel the need to fight for a cause, to give a higher meaning to her actions. Her inner drive will not be conquest for conquest's sake, but integrity and the quest for meaning.

However, this Mars is harmonised by the Moon. The Moon-Mars trine offers a beautiful fluidity between emotions and actions. She knows how to act on her feelings and mobilise herself without losing touch with herself. This synergy gives her an instinctive understanding of situations: she will sense when to act and how to defend what is important to her, without unnecessary violence, but with tact, warmth and natural authority. Her energy is emotional, loyal and generous, capable of mobilising others through the fervour of her heart.

But that's not all: the sextile to Saturn adds a layer of stability, discernment and rigour to this lively energy. Here, Mars does not get carried away. It will structure itself over time, learn to plan, channel its enthusiasm and make its ideals sustainable. This link to Saturn in the 12th House is subtle: it speaks of a quiet, inner strength that

Justine will be able to cultivate over the years. She will learn to act responsibly, to transform her quest for meaning into a mission, with tenacity and humility.

So even though her chart shows strong tensions (Moon-Saturn opposition, Moon-Uranus square), this Mars-Moon-Saturn configuration acts as a supporting structure. It underpins the whole chart by offering:

• Action aligned with emotion (Mars–Moon);
• The ability to embody his values with seriousness and commitment (Mars–Saturn);
• And a possible way to integrate her lunar tensions by pursuing an ideal that speaks deeply to her.

This well-connected Mars could thus become one of the driving forces behind balance in her chart. It will help Justine overcome her wounds of non-recognition and emotional instability by choosing the right action, aligned with her values and structured over time. She has magnificent potential to become a pioneer, messenger or guide, or even a r in a field where knowledge, truth, exploration and authenticity will be central.

A scientific mind

With Mercury in Capricorn in the 11th house, trine Uranus in Taurus in the 3rd house, Justine has a mental potential that is both structured and visionary, which could reveal itself with great force as she grows up.

Her Mercury in Capricorn shows a calm, thoughtful, observant little girl who prefers to think before she speaks and who is naturally interested in concrete and organised things. She likes to understand how the world works, and her thinking is long-term: she needs to build her knowledge brick by brick, with seriousness and rigour. Even if this is not immediately apparent in her behaviour, her mind works with ambition and inner rigour. She may be more comfortable in a well-defined setting, where she can move forward step by step, rather than in an overly unstable or confusing environment.

But this Mercury does not live in isolation: it is in the 11th house, which opens her up to collective, friendly and societal perspectives. Justine does not think only for herself, but also for the world. As she grows up, she may feel drawn to group projects, common causes, or ideas aimed at improving the future. Her structured thinking could be put to use in the service of a collective ideal, particularly in areas wher t is necessary for social or human innovation.

The Uranus trine electrifies, refines and powerfully stimulates her intelligence. This harmonious link between Mercury and Uranus, both in Earth signs, suggests an ability to combine tradition and innovation. Justine could develop a way of thinking that is both pragmatic and original, capable of questioning certain preconceived ideas while giving them concrete and applicable form.

This trine also promotes quick, intuitive thinking that is connected to the major trends of her time. She has a clear,

penetrating gaze, sometimes ahead of her age. Later in life, this could translate into original ideas, a taste for technology, systems or smart networks, as well as an ease in perceiving connections between things. She could be gifted with remarkable discernment in communication, with an ability to enlighten others with her sober but powerful words.

The fact that Uranus is in the 3rd house, the house of fundamental learning, reinforces this impression that, as she grows up, she could reinterpret what she has learned in a very personal way, even anticipating certain collective movements before they fully emerge.

A serious, reserved and loyal nature

The conjunction of Venus and Pluto in Capricorn in the 11th house in Justine's chart suggests that as she grows up, your daughter will develop a deep, demanding and inwardly powerful way of loving and bonding with others.

With Venus in Capricorn, we see a serious, reserved and loyal emotional nature emerging. Justine will not open her heart easily; she will prefer to build her relationships slowly, in an atmosphere of trust and stability. She will place great value on commitment, reliability and loyalty in her friendships and, later, in her romantic relationships. You will notice that she prefers environments where the rules are clear, commitments are kept, and intentions are sincere.

The fact that this Venus is in the 11th house accentuates her taste for relationships built within a collective or social framework: over time, she could flourish in groups or associations that share her deep values. The friendships she forms are likely to be few but very solid, with a constant search for loyalty and depth.

But this Venus is not alone. It is conjunct Pluto, the planet of transformation, intensity and lucidity. This powerful link indicates that, although her emotional expression may seem restrained on the surface, her emotions will be deep, intense, sometimes volcanic and un , even if she shows them little. Justine is likely to experience her attachments with great inner intensity, as if each important relationship involved an essential part of her being.

As she grows up, this Venus-Pluto conjunction may bring out transformative emotional experiences marked by a strong need for authenticity and truth. She will not tolerate superficiality or lies. She may be attracted to friendships or relationships that challenge her to look deep within herself and get to know herself better. At times, she may need to learn to free herself from overly exclusive or intense attachments, or to find a balance between control and letting go.

This position also represents a powerful emotional force that can be put to use for collective causes: as an adult, Justine could become a woman capable of loving with rare depth, but also of investing this energy in social, human or community projects that transform the world around her.

To support her in this process, you can help her recognise the power of her feelings without fearing them, while showing her that vulnerability is not a weakness but a gateway to authentic relationships. It will be essential for her to feel safe to express her emotions, even the most ambivalent ones, and for you, as h , to encourage her to put into words what she is experiencing inside.

In this way, this conjunction between Venus and Pluto will become, in her maturity, a treasure trove of transformation, loyalty and true love – provided she learns to harness its power with gentleness and awareness.

Her professional profile:

In light of your daughter Justine's astrological chart, a rich, complex and unique professional profile emerges, reflecting the deep energies that inhabit her. Her Sun in Capricorn in the 10th house, under a protective sextile from Jupiter, indicates from childhood an aspiration to accomplish something solid, useful and structuring in the world. Justine will seek fulfilment through a position of responsibility, in an environment where she can feel useful, respected and invested in a long-term mission. She will not choose her career lightly: she will strive for efficiency, recognition and contribution to a larger order.

But this Capricorn vocation will be tempered, enriched and softened by a Pisces Ascendant conjunct Neptune, which will give Justine an empathetic, imaginative and deeply inspired dimension. While Capricorn draws a clear

line to the top, Pisces will remind her that the heart, dreams and collective meaning are just as important. This combination makes her a sensitive and idealistic future professional, ready to work in human, social, spiritual or health-related fields , and the environment, with a keen awareness of the interdependence of all beings.

Her Moon in Leo in the 6th house, under multiple aspects, shows that Justine will need to feel useful in her daily life, while also feeling that she is shining and contributing something unique. She will want to devote herself to others without losing her identity, which makes her a future professional who will care as much about substance as form and who will be keen to distinguish herself in her service or commitment.

The trine of Mars in Sagittarius in the 9th house to this Moon, reinforced by a sextile to Saturn, shows a determined, curious nature, focused on applied knowledge. Justine will enjoy learning, passing on knowledge, but above all putting it into practice in concrete contexts, often on a large scale or with an international perspective. Travel, languages, big ideas, but also scientific or regulatory fields, could all be areas where she will flourish.

Her Mercury in Capricorn in the 11th house, trine Uranus, suggests a structured, modern intelligence geared towards collaboration and collective innovation. She will be able to think long term and organise projects while incorporating innovative ideas. This placement may lead

her towards careers in management, team organisation, analysis or specialised teaching.

Finally, her Venus conjunct Pluto in Capricorn in the 11th house gives her a rare ability to invest emotionally in collective causes or missions, with a strong sense of emotional and relational duty. Justine may develop a passion for human resources management in complex structures, where she will demonstrate composure, discernment and unwavering loyalty.

The career paths that may become apparent to her as she matures, in order of resonance with her chart:

1. Director of a retirement home, care centre or residential facility, where she can combine her sense of duty, empathy and people management skills.
2. Educator or director of an educational or social institution, where her inner strength and kindness would be a great asset.
3. Chartered accountant, accounting manager or management teacher, where her intellectual rigour and ability to communicate would flourish.
4. Oceanographer, naval architect, water quality or marine resource manager, thanks to the connection between Neptune, Pisces and Capricorn, which speaks of exploration, measurement, connection to the sea and scientific structuring.
5. Immunologist, marine geologist, or seismologist, for the rigorous scientific dimension of Capricorn, mixed with the intuition of Pisces and the piercing gaze of Pluto.

6. Airport security officer, customs office supervisor or specialist school trainer, in profes s where her seriousness, vigilance and sense of responsibility can be put to good use for the common good.
7. Humanitarian mission administrator, combining her need for practical action with a broader ideal of service, particularly in multicultural contexts or crisis situations.
8. As a museum curator or heritage manager, the Moon in Leo likes to highlight beauty, memory and creativity, while Mars in Sagittarius opens her up to great civilisations and human history. Capricorn gives her patience, rigour and a taste for preservation. She could thrive in a role combining culture, transmission and organisation.
9. As a musician or composer with a committed or therapeutic approach, Pisces Ascendant conjunct Neptune, combined with the Moon in Leo, shows potential for sensitive, embodied and radiant artistic expression. This will not necessarily be her main activity, but she could commit herself to it wholeheartedly in a therapeutic, social or spiritual setting. She could use music as a medium for healing or transmitting values.

10. As an urban planner or territorial planner, the Sun, Mercury, Venus and Pluto in Capricorn give her strategic and structuring thinking, focused on the organisation of space and time. The 11th House (communities) could steer her towards urban development or sustainable land management projects. She would have the ability to think about people in their environment, with a sense of responsibility on a large scale.

Over the years, it will be valuable to provide her with a structured yet open environment where she can explore these different dimensions of herself: the need for security and direction (Capricorn), the call of dreams and connection (Pisces), the pride of serving and shining (Leo), and the drive for knowledge and the world (Sagittarius).

Justine has all the resources she needs to build a useful, inspiring and deeply transformative career, both for herself and for others.

Workshop 3 Astrology and education

Reading material: ***Astrology and Education*** by Jérôme Zenastral

This workshop is based on the book ***Astrology and Education***, which can be downloaded in PDF format from the school's website (see progress guide).

Children occupy a precious place in our lives. Despite our love for them, understanding their behaviour, preferences and reactions can sometimes be complex. This is where astrology can prove to be a fascinating and unique tool for deepening our understanding of our children.

This reading material is designed to introduce you to your child's astrological universe. It will help you discover how the position of the planets at the time of your child's birth can be reflected in their everyday behaviour. For example, you will learn why a particularly communicative child may have Mercury in the sign of Gemini, or why another child loves to snuggle up in their parents' arms. Each planet, depending on its position in a sign or house, reveals a dimension of your child's personality and behaviour.

We will begin by exploring the meaning of the main planets in the zodiac signs and astrological houses. You will find clear and detailed explanations of how each planetary position and aspect translates into your child's behaviour. For example, the position of Mars could indicate how your child defends their territory, while the position of Venus could indicate how they express

affection. We will also take into account the aspects between the planets, which show how these celestial forces interact with each other and reveal your child's traits and behaviours. These configurations can also highlight internal challenges, such as a tense aspect between the Moon and Saturn, which could suggest a more reserved or anxiety-prone child.

We will also explore a fascinating aspect of astrology: the compatibility between the child and their parents based on their respective astrological charts.

This astrological journey is an invitation to see your child in a new light and cultivate an even more harmonious and enriching relationship. Whether you are an astrology enthusiast or simply curious to discover another side of your child, this book is here to spark your interest and deepen your bond with them. By better understanding their astral constellations, you will be better prepared to respond to their needs, anticipate their behaviour, and share moments of connection that enrich both your lives.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Workshop 4 Astrology and careers

Studying a birth chart or astrological chart sheds light on the areas that inspire us and points us in a direction. It highlights the social and/or professional fields in which we are most predisposed and where we are most likely to flourish.

Every profession, especially if it is highly specialised, has its own psychological profile. This book establishes a correlation between a person's astrological chart and the professions that are most suited to them.

Each planet in the solar system is associated with certain specific aptitudes: the Moon with receptivity, the Sun with willpower and exemplarity; Mercury with curiosity and communication; Venus with emotionality and aesthetic sense; Mars with combativeness and dynamism; Jupiter with organisational skills; Saturn with rigour and patience; Uranus with innovation and discovery; Neptune with intuition and premonition; Pluto with research and investigation.

The sun sign at birth is the main indicator and provides general direction. It symbolises the energy field used to develop our personal charisma, make choices and fulfil our destiny. The path to our fulfilment lies in the energies of the sign occupied by the sun. It is our inner guide, our life force and indicates where we are headed.

Depending on each direction indicated by our sun sign, our professional profile becomes clearer when we take into account the other dominant signs in our astrological chart.

First, you need to determine the dominant signs in your astrological chart. To do this, fill in the table below. It takes into account the following principle in astrology: the more planets there are in a sign, the more important that sign is and the more it needs to be taken into account when determining your professional profile.

In this table, each planet (and the ascendant) is assigned a certain number of points. The ascendant sign is one of the most important signs in an astrological chart, which is why we assign it 5 points.

For the planets, we apply the following principle: the faster they move, the more important they are in a birth chart. We assign 3 points to the Moon, then 2 points to Mercury, Venus and Mars, which are slower, and 1 point to the slow planets, Jupiter and Saturn.

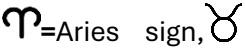
Fill in the following table:

Sign ➔	♈	♉	♊	♋	♌	♍	♎	♏	♐	♑	♒	♓
1) Assign 5 points to your Ascendant sign (AS)												

2) Assign 3 points to the sign occupied by your Moon ☽												
3) Assign 2 points to the sign occupied by Mercury ☿												
4) Assign 2 points to the sign occupied by Venus ♀												
5) Assign 2 points to the sign occupied by Mars ♂												
6) Assign 1 point to the sign occupied by Jupiter ♃												
7) Assign 1 point to the sign occupied by Saturn ♄												
8) Total points for each sign												

Add up the points for each sign and write the result in line **8)** (last line of the table).

Note:

 =Aries sign, =Taurus sign, =Gemini sign, =Cancer sign

=Sign of Leo, =Sign of Virgo, =Sign of Libra, =Sign of Scorpio

=Sagittarius, =Capricorn, =Aquarius, =Pisces

On line 8), write down the two signs with the most points and write their names in the following table:[65]

First dominant sign	
Second dominant sign	

Then, refer to the chapter corresponding to your sun sign and note the professions associated with one or two of your dominant signs. These are probably the most suitable for you or may provide you with avenues for further research.

Important notes:

-If one or more planets in your astrological chart are in the 6th house, refer to chapter 4. This chapter provides guidance on the challenges you may face at work or in relation to your colleagues, superiors or employees.

-If one or more planets in your birth chart are in the 10th house, consult chapter 3. This chapter provides advice on

[65] If you have knowledge of astrology, you can refine these results as follows: add 2 points to the sign if its ruler is close to the Ascendant, 2 points to the sign if its ruler is close to the Midhe , 2 points to the sign if its ruler is close to the ruler of the Ascendant, 1 point to the sign if its ruler is in aspect with one or more planets, 1 point to the sign if the house in affinity with this sign is occupied by one or more planets.

how to succeed, climb the career ladder or meet society's expectations.

-If planets are in aspect in your astrological chart, refer to chapter 5. There you will find advice on how to overcome conflicts that could hinder your success.

Example: Consult the book *Astrology and Careers* by Jérôme Zenastral

Read again: *Lesson 7 Astrological interpretation tool sheet*

Reading: ***Astrology and Careers*** by Jérôme Zenastral

This book establishes a correlation between a person's birth chart and their professional profile. It is a valuable resource for informing career choices. It will allow you to discover a **selection of professions** that match your personality and are suited to your skills. You will find professions that the person may never have considered, but which are in harmony with their character. The professions for which the person is most suited are those in which they are most likely to flourish.

Workshop 5 Synastry

Astrology excels in the art of Synastry (a method of comparing two astrological charts), which studies the *possibilities of harmony or discord* between two people and assesses their degree of compatibility by juxtaposing their two astrological charts.

Sexual compatibility

Even if seduction or charm works, we must seek to determine whether each person's sexual energies are compatible. To do this, we examine the compatibility of the signs occupied by the planet Mars. If your Mars is in the same sign as your partner's, or if these Mars signs are in signs of the same element (fire, earth, air or water) or compatible elements (fire and air, water and earth), there is sexual compatibility. There is incompatibility if your Mars are in signs of opposing elements (fire and earth, fire and water, air and water, air and earth).

Emotional compatibility

To determine whether your ways of loving are compatible, it is important to look at the signs occupied by Venus. If your Venus is in the same sign as your partner's, or if these Venuses are in signs of the same element (fire, earth, air or water) or of compatible elements (fire and air, water and earth), there is compatibility on an emotional level. There is incompatibility if your Venus signs are in signs of opposing elements (fire and earth, fire and water, air and water, air and earth).

Event compatibility

It is essential to share the same interests within a couple in order to grow closer to one another. Opposing interests can cause problems in a relationship, such as between someone with a dominant 4th house (family life) and someone with a strong 9th house. One person is more home-loving and values family life, while the other is more nomadic and values travel.

Compatibility in everyday life

When comparing two charts, we also look at how each person organises their daily life (household chores, food pre , lifestyle, etc.). Shared habits provide reassurance, security and strengthen bonds. Before deciding to move in together, it is crucial that the couple discuss how they envisage all the elements that make up life as a couple.

Energy compatibility

In Synastry, we also study the energy exchanges between the two people in the couple. To do this, it is necessary to examine how each planet of one person interferes with that of the other. The energy exchange is harmonious if the aspect between the two planets promotes relaxation. On the other hand, this exchange can be tense if the aspect between the two planets is marked by tension.

Here are some examples of energy exchanges:

- **Your Sun is in tension with your partner's Moon:**
  Do not systematically respond to their sensitivity with an authoritarian attitude. If your partner shares information with you, it is because they are seeking to express their emotions or release stress. At such times, they want emotional support, not advice. Simply listen to them with empathy.

- **Your Sun is in a harmonious aspect with your partner's Moon:**
  Your professional life is in harmony with their private life. Your success has a positive impact on their daily life. You know how to bring out their sensitivity.

- **Your Sun is in tension with your partner's Mars:**
  You tend to impose a direction or course of action on them that they do not want to take or that does not suit them. As soon as they assert themselves, you counter with authority. Faced with your authority, they feel disarmed and guilty.

- **Your Sun is in a harmonious aspect with your partner's Mars:**

You know how to give precise direction to their impulses and highlight their intentions. When they are with you, they become aware of their strength and physical abilities; they feel strong, courageous and confident.

- **Your Moon is in tension with your partner's Sun:**
  Your partner is not on the right path if they follow your intuition. When they want to achieve their goals, don't confuse them with your mood swings. When they are in a position of authority, don't mother them, or they will feel that they are not being taken seriously.

- **Your Moon is in tension with your partner's Mars:**
  Your partner does not make good decisions if they rely on your intuition. Your irrational considerations, mood swings and anxiety quickly disrupt what they are doing. When they assert themselves, do not mother them, or they will lose all their confidence. Your sensitivity makes them feel disarmed, inhibited or hostile.

- **Your Mercury is in tension with your partner's Mercury:**
  You don't really get along when you talk. You disagree on certain subjects and don't always understand what the other person is trying to say. Highlight your differences of opinion. For an effective discussion, choose a time and place where you will not be disturbed, distracted or interrupted, and allow enough time for the other person to understand or better express their ideas. Confrontation is a source of understanding when everyone is free to express themselves and makes an effort to analyse the other' 's way of thinking. Listen carefully and try to understand your

partner when your opinions differ. By improving the way you communicate, you will enjoy talking to each other more.

- **Your Mercury is in harmony with your partner's Mercury:**
  Good intellectual understanding. Your opinions converge.

- **Your Venus is in tension with your partner's Venus:**
  The emotional connection between you is not very fluid. However, this should not lead you to expect the other person to guess your feelings. It is essential that each person be able to express their emotions and show the other that they are understood and appreciated. Sharing your feelings with each other is crucial to maintaining a lasting relationship. Trust and take care of each other without sparing your efforts, energy or determination.

- **Your Venus is in a harmonious aspect with your partner's Venus:**
  In your relationship, there is a good balance between what each person gives and receives. The emotional connection between you is strong and fluid. You know how to trust and care for each other.

- **Your Venus is in tension with your partner's Mars:**
  You calm their aggression and encourage their sociability with your tenderness, but it seems that the timing and circumstances are not always right. Your tenderness could also disarm or weaken them.

- **Your Venus is in a harmonious aspect with your partner's Mars:**
  You calm their aggression and encourage their sociability with your tenderness. You know how to moderate their enthusiasm. With you, they feel accepted in their assertiveness.

- **Your Mars is in a relaxing aspect to your partner's Sun:**
  You know how to stimulate and encourage them to realise their ambitions, achieve the goals they have set for themselves and thus succeed in life. In your presence, they feel full of energy. Thanks to your initiatives, they are able to assert their authority.

- **Your Mars is in tension with your partner's Sun:**
  You tend to push them to succeed, but sometimes you do so clumsily. Your actions could compromise the achievement of their goals. Before intervening, ask them what their ambitions are and assess their real abilities.

- **Your Mars is in tension with your partner's Mercury:**
  Your partner does not hesitate to express their opinions for fear of your reactions. Listen to them without interrupting. Give your opinion without criticising them. Show your partner that you respect their point of view. They need to feel understood and appreciated.

- **Your Mars is in a harmonious aspect with your partner's Mercury:**
  You know how to stimulate their intellectual faculties and awaken their curiosity. When you comfort them, they feel comfortable expressing their thoughts.

- **Your Mars is in tension with your partner's Venus:**
  Your partner may feel cornered by your desires, which they perceive as too pressing. Don't go too fast, don't force them to say "I love you". Your romantic relationship can only flourish through exchanges in a relaxed atmosphere. Behave in such a way that they are naturally drawn to you.

- **Your Mars is in a harmonious aspect with your partner's Venus:**
  You know how to stimulate your partner's feelings and awaken their desire. You have mastered the art of making yourself desirable.

- **Your Mars is in tension with your partner's Mars:**
  There is a territorial issue between you. Each of you may feel invaded by the other or disturbed in your sexual intimacy. However, each of you can also learn to make yourself desirable. When one of you feels angry, it is important to be honest and express your grievances. You must accept that you are not fighting the same battle. Your sexual energies do not easily align. Most of these disagreements can be resolved if you are both determined and willing to reach a satisfactory compromise. It is crucial to distinguish between points of agreement and points of disagreement and to identify their causes. Talk openly and without animosity about your sexual expectations and try to compromise. Also take the time to devote yourselves to each other, to create special moments that allow you to reconnect and share your intimacy more often.

- **Your Mars is in harmony with your partner's Mars:**

There is sexual harmony between you, and you both know how to arouse each other's desire. You are in tune with each other and know how to stimulate each other's desire. These shared pleasures contribute positively to your mutual appreciation of life together.

- **Your Jupiter is in tension with your partner's Sun:**
  Avoid proselytising with them, otherwise they could lose their objectivity and make errors of judgement. What they aspire to achieve does not necessarily correspond to your conception of life. You tend to encourage them to achieve things according to your own ideals, which are not necessarily theirs. Your enthusiasm may be disproportionate to what they envisage and are capable of achieving.

- **Your Jupiter is in a relaxing aspect to your partner's Sun:**
  Your enthusiasm, ideals and moral strength help your partner achieve their goals and succeed in life. When they are with you, they feel confident, revitalised and optimistic, and their outlook on life broadens. You know how to instil meaning and conviction in what they aspire to achieve. Thanks to you, they enjoy opportunities and luck seems to smile on them.

- **Your Jupiter is in aspect to your partner's Venus:**
  Your convictions bring a deep dimension to their love life. With you, the idea of marriage seems beneficial to them. You know how to make them happy and give a positive direction to their emotional life.

- **Your Jupiter is in a harmonious aspect with your partner's Mars:**
  Your philosophy of life and your convictions bring a deep dimension to everything he undertakes. In your presence, his confidence and courage are strengthened and he feels capable of taking on greater challenges.

- **Your Jupiter is in tension with your partner's Mars:**
  Your philosophy of life and your convictions bring a meaningful dimension to everything he does. However, be careful not to encourage him to take on projects that could overwhelm him. Make sure you assess his abilities carefully before offering him new challenges.

- **Your Saturn is in tension with your partner's Sun:**
  Your rules and certainties inhibit their creativity and willpower and hold back their ambitions. In your presence, they lose all confidence. They feel that you are holding them back from achieving their goals. Let them make their own decisions and support them in what they want to achieve. Rejoice in their successes and help them focus on their goals without pressuring them.

- **Your Saturn is in a relaxing aspect to your partner's Sun:**
  Your rules and certainties reassure him and stabilise his ambitions. In your presence, he is more realistic and his decisions are more thoughtful, responsible and in . He knows how to benefit from your experience. You are therefore a reliable source of support for his success.

- **Your Saturn is in tension with your partner's Moon:**
  Avoid criticising their way of life. An overly restrictive attitude on your part can lead to a decrease in their enthusiasm for daily tasks. They may perceive you as a hindrance to their organisation because your schedule is too restrictive for them. Let them take their time to get organised and find their rhythm.

- **Your Saturn is in a relaxed aspect with your partner's Moon:**
  Your schedule and the wisdom you have acquired over time help them to organise their daily life. When you are reasonable and consistent, they feel reassured and emotionally stable. Thanks to you, they are learning to take on more responsibility, manage their household chores and solve everyday problems.

- **Your Saturn is in tension with your partner's Mercury:**
  Your certainties and principles prevent them from expressing themselves freely and inhibit their intellectual abilities. In your presence, they do not dare to express their opinions. Do not force them to think like you. Learn to respect and value their ideas and opinions, even if they are different from yours.

- **Your Saturn is in a harmonious aspect with your partner's Mercury:**
  Your certainties and principles reassure them and stimulate their intellectual faculties. In your presence, they

are more focused and thoughtful. You help them to structure their thinking.

- **Your Saturn is in tension with your partner's Venus:**
  Your certainties and principles inhibit their feelings and cool the emotional atmosphere. Do not impose your vision of love on them. Respect their feelings and show more tenderness and affection.

- **Your Saturn is in a harmonious aspect with your partner's Venus:**
  Your certainties and principles reassure them and stabilise their feelings. Your emotional relationship is sincere and deep. They appreciate your seriousness and loyalty.

- **Your Saturn is in tension with your partner's Mars:**
  Avoid judging or restricting them when they express their confidence. Do not try to control their actions. If you systematically oppose their desires with reason, this may be interpreted as a rejection of their sexuality. Take time to be available when his desires are expressed. Do not underestimate the negative repercussions of a lack of sexual activity on your mental health, emotional balance and romantic relationship. Sexuality is a natural need in a couple's relationship. The goal is to have a good time together.

- **Your Saturn is in a harmonious aspect with your partner's Mars:**
  When you show maturity and experience, he feels more comfortable with his sexuality. If you handle his desires in

a positive way, he will feel more stable, calmer and reassured. With you, he is evolving slowly but surely.

Conclusion

Understanding your astrological chart is a process of self-analysis that requires patience, perseverance, sincerity and insight. This approach will strengthen your strengths, highlight your potential and skills, and improve your self-confidence. You will learn to manage your emotions and calm your mind. Because a calm mind is a creative mind.

When one of your behaviours causes you problems, observe it with passive vigilance, without judging or feeling guilty. Mindfulness meditation (or self-awareness) is a natural corrective for stressful tendencies, helping you return to a state of benevolent presence.

If you are new to astrology, we recommend that you spend your first year drawing up the birth charts of people close to you**.** Once you begin to see clear parallels between the charts and people's personalities, you can move on to interpreting the charts of people you don't know. Before interpreting a birth chart, make sure that the time of birth is the same as the one indicated on the birth certificate.

Think of your work as an astrologer as that of a counsellor, someone who guides others so that they can see their potential more clearly and become more aware of their existence. Help them to understand their lives. To do this, familiarise yourself with the various disciplines and schools of astrology and draw up numerous charts. Do not

attach too much importance to astrological details. And remember that "mindful astrology places human beings, in all their dignity, at the centre of consciousness, not at the centre of the zodiac".

Remain attentive to the person for whom you are interpreting the astrological chart. To avoid getting stuck in a routine, constantly redefine and clarify your work. Establish a genuine dialogue with the people you consult. During the first session, ask them questions about their personal experiences. In subsequent sessions, avoid giving too much advice. Instead, offer solutions in the form of suggestions. Be aware that it is presumptuous to tell someone what is good or bad for them. Offer your understanding and support instead. Help them to approach life with more serenity and efficiency. But do not try to change their destiny. Any advice you give must be in line with their ideals and life goals.

Read again: *Lesson 7 Astrological interpretation tool sheet*

Workshop 6 Astrology and flower essences

Reading material: ***Astrology and Flower Essences*** by Jérôme Zenastral

This reading material,[66] , will help you establish a link between a person's astrological chart and the flower essences best suited to their character. Flower essences are obtained by macerating or infusing flowers and plants. These essences are imbued with the energy of the plant. Once absorbed, they interact with our own energies. They are powerful catalysts for evolution and transformation, promoting heightened sensitivity and bringing an urgent inner need to the surface. Used wisely, these flower essences are essential allies in bringing out our inner qualities and improving our relationship with the world.

This inner aspiration for affirmation, sensations, protection, understanding, improvement, sublimation, affection, transformation, expansion, stability, emancipation and compassion is in synchronicity with our astrological chart and, more precisely, with the meanings of the interplanetary aspects and those of the passages of the planets (called "transits") on the birth astrological chart.

Our psyche reflects our birth chart. However, at certain times, this psyche, while retaining its basic structure, manifests itself in a different way. These psychic variations are correlated with planetary transits. Transits

[66] This reading aid can be downloaded in PDF format from the school's website (see progress guide).

represent our temporary force fields. The events we encounter serve as barometers to indicate whether we are in harmony with our force fields, both original (those of the planets in aspect in a birth chart) and temporary (those of the planets in the sky in aspect to the planets in the birth chart). Transits signal the moments when we need to focus our attention more precisely in order to be aware of what is emerging within us. They help us anticipate and interpret this succession of present moments. They are a valuable aid in immediately understanding the movements of our psyche. The use of flower essences contributes to the understanding of the conflicting movements of our psyche.

I have deciphered these links between the aspects (or planetary transits) of the astrological chart and flower essences, with the aim of offering the most appropriate essences for a specific issue (aspects of tension) or an issue that evolves over time (planetary transits). If, for example, an astrological chart shows tension between the planet Pluto and the Moon (a Moon in the sign of Taurus), you can refer to the chapter "Transit or aspect of Pluto on your Moon in Taurus". If the person is identified with the psychological issues related to this aspect, this chapter will indicate the appropriate flower essences to help resolve them.

Read again: *Lesson 7 Astrological interpretation tool sheet, Aspects in Astrology volumes 1 and 2*

Workshop 7 Mundane Astrology

Reading material: ***World Astrology*** by Jérôme Zenastral[67]

This book, ***Global Astrology,*** explores a bold idea: that the stars reflect the inner aspirations and needs of human beings. The movements of planets such as Uranus, Neptune and Pluto – symbols of emancipation, immersion and transformation – manifest themselves in human history as beacons guiding our societies through the storms of change. By connecting planetary cycles to historical events, we do not seek to prove any esoteric causality, but rather to demonstrate how these cycles resonate with humanity's inner impulses.

This workshop is not merely a historical or astrological reflection. It aspires to be an invitation to awareness. By examining past and present crises through the lens of planetary cycles, we hope to inspire a fresh look at our societies and the paths that lie ahead. We suggest that crises – whether personal or collective – are opportunities to return to an essential freedom, to a universal consciousness that transcends divisions and unites humanity around its fundamental values.

The stars do not determine our lives. But they can illuminate the paths we take, reflecting the profound questions that every human being seeks to answer.

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[67] This reading material can be downloaded in PDF format from the school's website (see progress guide).

Read again: *Lesson 7 Astrological interpretation tool sheet*

Workshop 8 Recommendations and ethics

Recommendations To convey before any astrological interpretation

Before beginning the interpretation of a birth chart for another person, it is essential to provide them with certain keys to understanding. These elements will help establish a fair, respectful and conscious framework, consistent with the spirit of astrology as taught at this school.

1. The astrological chart does not know the person's history.
Explain that the chart does not indicate the person's education, the trials they have gone through, or the personal journey they have completed. It reveals fundamental dispositions, but not how they have been experienced or transformed. Each being is unique, and no chart can replace the richness of a human life.

2. The chart describes potential, not a fixed truth.

Some descriptions will resonate immediately, others less so. This does not mean that they are wrong, but perhaps that they concern dimensions that are still in their infancy or forces that will reveal themselves later. Leave the person free to recognise themselves or not.

3. This is not astral influence.

Explain that this astrology is based on synchronicity. The stars do not cause anything: the birth chart reflects an inner configuration, a state of the psyche at the moment of birth. It is a symbolic mirror, not an external force that determines destiny.

4. The chart is not a prediction of the future.

If there are areas of tension or difficult experiences, this is not a matter of "cosmic bad luck." Rather, these tensions show how the ego, when cut off from consciousness, can distort the natural qualities of the being. The more a person lives from the space of Presence, the more they actualise the light of their chart. On the other hand, distancing oneself can bring out areas of shadow, not as punishment, but to signal a need for inner adjustment.

5. Some guidelines for interpreting the chart.

Remember that the birth chart represents the planetary positions in the zodiac at the moment of birth. Each sign expresses a tone of energy, each planet symbolises a psychic function (thought, desire, emotion, action, etc.). These functions are coloured according to the sign in which they are found, are actualised in the houses (areas of life) and interact with each other through aspects. It is these interrelationships that make up the language of the chart.

6. No chart is better than another.

Emphasise that there are no good or bad signs, nor good or bad configurations. Every chart has riches, challenges and paths for growth. What is sometimes called a difficulty can become a major force for change. Similarly, a fluid aspect does not necessarily lead to fulfilment if it is not brought to consciousness.

7. The chart evolves with the person.

What you interpret is a snapshot of the potential at birth, but this potential is alive. It transforms, modulates and awakens over time. Later, planetary transits will activate certain points in the chart, like calls to adjust, transform or more fully embody certain qualities.

8. The person remains greater than their chart.

Even the most detailed interpretation can never contain the whole being. The chart is a tool, not a definition. It is a mirror, not a verdict. What the person is in their depth goes beyond any chart. Always give them the freedom to welcome what resonates and leave aside what does not make sense.
By sharing these guidelines before your interpretation, you create a space of listening, respect and openness. You invite the other person to a conscious reading of themselves, without projection or confinement, in the very spirit of mindful astrology.

Workshop 9 Astrology and selected bibliography

Deepening your understanding of mindfulness astrology through fundamental works

In this workshop, we will not just compile a reading list. We will establish a link between the great astrological and psychological works of the 20th century and our approach: that of mindfulness astrology, based on synchronicity, inner observation and self-knowledge as a path to liberation.

The bibliography below is the result of a rigorous selection of thinkers and practitioners who, each in their own way, have contributed to making astrology a path of personal transformation, far beyond a simple predictive technique. Some are psychologists, others philosophers, therapists, or mystics. But what they all have in common is that they have grasped the symbolic and evolutionary significance of the natal chart.

Studying these works will help you to:

- clarify the humanistic and transpersonal foundations of contemporary astrology,
- distinguish psychological astrology from its deterministic uses,
- discover astrological readings focused on the inner process rather than external events,
- enrich your own interpretive approach with rigour, ethics and presence,

- nurture your awareness of what each birth chart reflects: the future of a being in relation to themselves and the world.
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Annotated bibliography

- Stephen Arroyo

- *Practical Astrology*
- *Astrology, Psychology and the Four Elements*
- *Astrology, Karma and Transformation*

Arroyo offers a lively, deeply psychological form of astrology influenced by Jung. He emphasises the inner dynamics of the elements and the role of the planets as forces of evolution rather than external influences.

- Liz Greene and Howard Sasportas

- *The luminaries*
- *The inner planets*
- *Personality development*
- *Astrology: the dynamics of the unconscious*
- *The Astrological Guide to Human Relationships*
- *Cosmos and Soul*
- *Saturn, a new look at an old demon*

These major authors have brilliantly linked astrology to psychoanalysis, particularly Jungian psychoanalysis. Their works shed light on psychological complexes and

archetypal in , highlighting the initiatory function of the trials symbolised by the planets.

- Dane Rudhyar

- *Astrology of Personality*
- *The Rhythm of the Zodiac*
- *The Lunar Cycle*
- *The Astrological Houses*
- *Astrological aspects* (with Leyla Rael)
- *Astrological triptych*

A true pillar of humanistic astrology, Rudhyar was also a visionary philosopher. He laid the foundations for a holistic and evolutionary reading of the astral chart, focused on personal growth rather than a fixed destiny.

- Alexander Ruperti

- *The wheel of individual experience*
- *The cycles of becoming*

A faithful follower of Rudhyar, Ruperti highlights the great planetary cycles as revelations of our relationship to time, transformation and our participation in the Whole.

- Luc Bigé

- *The Symphony of the Zodiac*

In a symbolic and poetic approach, Bigé explores the signs as living archetypes and the planets as inner myths. An inspiring read, close to contemplative astrology.

- Robert Hand

- *Planets in Transit*

  Although more technical, this book remains an essential classic for approaching transits from an evolutionary perspective, without falling into the trap of prediction.

- Fritz Riemann

- *Lebenshilfe Astrology*
- *Grundformen der Angst* (with Ernst Reinhardt)

  Riemann subtly links astrology and psychopathology. He shows how each sign carries within it a specific existential anxiety, and how the birth chart can become a tool for understanding inner conflicts.

- Wilhelm Knappich

- *History of Astrology*

  A reference work that places astrology in its historical and cultural context and explains its successive transformations up to the modern day.

- Carl Rogers

- *The Development of the Person*

Although not astrological, this fundamental text for humanistic psychotherapy sheds light on our approach as astrologers: focused on listening, trust in the inner process, and non-judgement.

- Rupert Spira

- *The Transparency of Things*

  This non-dualistic book invites us to explore the nature of consciousness. It takes the approach of mindfulness astrology to a deeper level: seeing that the astrological chart is less a "personal destiny" than a gateway to who we are beyond all forms.

Final exam and diploma

At the end of this free and progressive course, each student who wishes to do so may take a final exam. This consists of a complete interpretation of an astrological chart provided by Zenastral. This personal work will be evaluated.

Once this summary has been approved, a personalised digital diploma will be sent by email. This diploma will have a unique registration number, allowing anyone (including future employers, clients, organisations, etc.) to verify its authenticity by writing to the following address: **jerome(at)zenastral.fr**, attaching a scan or photo of the diploma.

A variety of student profiles, the same freedom

This site is intended for different types of visitors and researchers:

- Some people will come here solely to better understand their own theme or that of their loved ones (children, friends, partners, etc.).
- Others will use these courses as an introduction, without necessarily seeking a diploma.
- Finally, some people may wish to embark on a genuine personal training programme to become a conscious astrologer or enrich their coaching practice.
  Everyone is free to follow this path **at their own pace**, with no commitment and no obligation to register.

For those who wish to go further

If you are seriously considering comprehensive training, we recommend — without obligation — that you let us know at the beginning or during your progress. A simple email to **jerome(at)zenastral.fr** will suffice, with a few lines about your motivation or background.

When you feel ready to interpret a complete chart, you can then:

1. Download the birth chart proposed as the final exam (link provided on the website).
2. Complete the full interpretation of the chart at home, at your own pace.
3. Send your work by email to **jerome(at)zenastral.fr**, accompanied by:

- your name or username (the one you would like to appear on the certificate),
- and, if you wish, your date, time and place of birth, so that your own birth chart can be included on the certificate.

A free, meaningful certificate

This certificate has no official value in the current academic system, but it can attest to a comprehensive, demanding and sincere course of study inspired by a living, ethical astrology rooted in mindfulness.
If astrology ever enters the university system, it is likely that the first teachers will be those who can demonstrate their training, and students trained at the Zenastral School

will be able to boast a solid curriculum based on a coherent body of work (books, teachings, workshops, etc.).

The diploma is completely free, as are all the courses at this school. It is issued only in digital format (PDF), in keeping with the spirit of our times.

What happens next?

Receiving a diploma is never an end, only a step along the way. Astrology is a living language, an art of interpretation, a mirror of the consciousness in motion. It cannot be mastered, it must be lived.

You have read this guide, explored the symbolic foundations of the birth chart, worked on examples, and perhaps even interpreted your own chart or that of your loved ones. If you have made it to the final exam, you have already taken a significant step: that of committing yourself honestly to this path of listening, intuition and responsibility.

But astrology does not end with a book or a diploma. It begins every day, in every encounter, every event, every breath. It now accompanies you as a way of life, a way of perceiving the invisible interactions between beings and worlds, between the outside and the inside.
Continue to observe. To doubt. To feel. To marvel. Explore the transits of the present, the themes of those you love, and the subtle resonances between the charts of the heavens and the paths of the soul. Experience is the best teacher.

With gratitude,

Jérôme Zenastral

Astrology Manual – EAPC School

Courses and workshops

This book brings together all the courses offered by the School of Astrology and Mindfulness (EAPC), founded by Jérôme Zenastral. It is a comprehensive, progressive and accessible course for anyone who wants to learn how to interpret a birth chart with accuracy, depth and clarity.

Each lesson explores a fundamental aspect of astrology: signs, planets, houses, aspects, transits and much more. Particular attention is paid to mindfulness, living symbolism and inner integration, far from any fixed formula.

This book can be studied at your own pace, independently, as a path of study and transformation. It is aimed at beginners as well as practitioners who wish to renew their perspective. A progress guide, examples, workshops and a final exam are included. Upon successful completion, a personalised certificate can be obtained on request.